COCONUT RECIPES

Republic of the Philippines
Department of Agriculture and Natural Resources

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Coconut Recipes

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Coconuts As Food

MANY A FILIPINO HOUSEWIFE, harassed by high prices, often finds herself at her wit's end for meals that would spell surprise and delight for her brood and master. Then, throwing budgetary prudence to the winds, she spends "just like that" a food allowance meant to last till the next payday. When she doesn't have to—being a native of a country where 165 million coconut trees thrive.

Today, millions of nuts after the first coconut harvest in the Philippines, many Filipinos have yet to appreciate fully the bounty that is the Tree of Life. For, aside from being the No. 1 dollar earner of the Philippines, the coconut is a potential "wonder fruit" that can sweeten every Filipino's coffee; provide him with his daily bread and milk; power his jeep; give a roof over his head; and keep his home fires burning.

More consumption of coconuts will be one means of promoting the National Food Production Campaign directed by the Macapagal administration. This campaign is being waged in all provinces under the leadership of Secretary Benjamin Gozon of the Department of Agriculture and Natural Resources.

Particularly now, when rising prices of imported commodities are pointing to a return to native products, the coconut may well be the answer to mother's worries about the family budget and nutrition. For instance, part of our daily bread may soon come from the coconut. Coconut flour, which is one of the products of the Hiller flour and oil extractor, when mixed with wheat flour, makes bread just as palatable, just as delicious as bread from other mixtures like cassava-wheat flour.

No less than President Magsaysay made favorable pronouncement when in 1956 he sampled a loaf of coco-wheat bread which was sent by Stanley Hiller. famous American inventor of the Hiller flour and oil extractor. Now, a joint research project of Hiller and the PHILCOA, the coconut machine promises Filipinos more nutritious bread on the breakfast table (the protein content of coconut flour being about twice as much as wheat flour by weight), and considerably less strain on the dollar reserves of the country.

Verily, the Tree of Life could also be called the Tree of Health. That brown fruit, the coconut, contains within its hard shell food for the young and the old, the sick and the well. Coconut milk, which is rich in vitamins, minerals, proteins, fats and carbohydrates, fares excellently on the dinner table. There is almost no limit to the variegated ways in which coconut milk can be served to the family as an ingredient of meat, fish, vegetable dishes or pastries and sweets. It rightly deserves a regular place in the Filipino diet, as it is so cheap and available.

That while it helps keep the living alive and kicking, the coconut helps increase their number. Rich in Vitamin E, coconut has a property quite important to the perpetuation of the human race—an anti-sterility effect. Observations have disclosed that men and women whose diet includes coconut milk, either fresh or cooked, especially if mixed with "malunggay" leaves, have many children.

The No. 1 tree of the Philippines is also a weapon against tuberculosis, the No. 1 killer of the country. The calcium and phosporus in coconut milk, together with the other nutrients, fortify the human body in its fight against the white plague and, for the healthy, build up body resistance.

For too long the coconut has been relegated to an insignificance almost criminal for the blessing it is. With a view to elevating the coconut to the place of importance it should have on the dining table, the PHILCOA presents in this book of recipes, many tasty ways to serve this handy and delicious food item, to keep us in the best of health within the family budget.

June 14, 1963

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Coconut Recipes

BUKO SOUP 1

1 cup buko, cut in small squares
2 cups chicken broth
3/4 tsp. salt
2 segments garlic, pounded
1 tbsp. lard

Saute garlic and remove when brown. Add chicken broth, then add buko and season with salt. Serve with chopped hard boiled eggs if desired.

PACIENCIA BUKO SOUP 2

1 cup buko, cut in small squares
2 cups chicken broth
1 cup coconut milk
3/4 tsp. salt
1 segment garlic, pounded
1 tbsp. fat

Saute garlic and remove when brown. Place broth to pan where garlic was browned. Let boil. Add buko and season with salt. Add coconut milk and immediately remove from fire. Serve with croutons if desired.

BUKO CHICKEN SOUP 3

2 cups buko, cut in small squares
1 cup boiled cassava, cut in small cubes
10 cups chicken broth
Salt and pepper

Strain chicken broth. Season with salt and pepper to taste. Bring to a boil. Add buko and cassava in the boiling broth and boil 2 minutes. Serve hot.

BUKO-PILI SOUP 4

1 cup buko, chopped fine
1 cup coconut milk
1/4 cup beef, chopped fine
1 tbsp. green onion, chopped fine
3 tbsp. pili nut, roasted & chopped finely
1/4 tsp. pepper
2 tbsp. cornstarch
1 egg
6 cups beef broth
1 tsp. salt

Mix all ingredients except the broth and the coconut milk. Drop the mixture by teaspoonful in deep, hot fat. Fry until brown and drain. Strain beef stock. Boil and season with salt and pepper to taste. Add coconut milk. Serve with the fried buko mixture.

BUKO AND STRING BEANS SOUP 5

1 cup buko, cut in small pieces
1 cup coconut milk
2 cups beef stock
1 tbsp. fat
1 small segment, garlic
1/2 string beans, cut finely
1 tsp. salt
Pepper to taste

Fry garlic and remove when brown. Add stock and when boiling, add string beans and cook until tender. Drop buko and boil 2 minutes. Add coconut milk, bring to a boil and immediately remove from fire. Serve hot.

RICE SOUP 6

1/2 cup rice
2 egg yolks
Salt and pepper to taste
1 liter chicken broth
1 cup coconut milk

Wash the rice and cook in the chicken broth until soft. Beat the egg yolks and mix with 1 c. of coconut milk. Add to the soup, stirring well. Add salt and pepper to taste.

MOCK MACARONI WITH CHEESE 7

1 cup buko, grated
1/2 cup tomato catsup
1/8 cup grated cheese
1 tbsp. finely chopped onion

Saute onion. Add catsup and cook 2 minutes. Place grated buko in a baking pan or pyrex casserole and pour tomato catsup over it and mix. Sprinkle evenly on top grated cheese and bake in a moderate oven until the top browns.

MOCK SPAGHETTI 8

1 cup grated buko
1/2 cup tomato catsup
1/8 cup grated cheese

Line a deep baking pan with the buko grated like spaghetti. Pour catsup over and sprinkle cheese on top. Bake.

BUKO LUMPIA NO. 1 9

2 bukos, grated
1/4 cup shrimps, sliced
1/4 of a cabbage, sliced fine
1/3 cup pork, sliced
1/2 soy beans (cooked)
1/2 onion, sliced fine
A few sections garlic, sliced
Lumpia wrappers

Saute garlic, onion, pork, shrimps, soy beans, cabbage and buko. Season with salt to taste. When done, wrap in lumpia wrappers. Serve with lumpia sauce prepared as follows:

1 cup water
1 tbsp. toyo
1 tsp. salt
1/4 tbsp. cornstarch
1-1/2 tbsp. sugar

Mix all ingredients and stir well to suspend starch uniformly. Cook over a slow fire until the paste thickens to the desired consistency.

BUKO LUMPIA NO. 2 10

2 cups buko, cut in strips
1 cup cabbage, cut in strips
1 cup shrimp stock
1/2 cup par-boiled pork, sliced

1/2 sincamas, cut in strips
1/2 cup shrimps, cut in pieces
1 segment garlic, pounded
1/2 onion, medium sized
4 tbsp. lard
1/2 cup pork stock
Toyo to taste
Lumpia wrappers
Fresh native lettuce

Saute garlic, onion, shrimp and pork. Add toyo and cook 1 minute longer. Add shrimp stock and stir while adding. Boil 5 minutes. Add cabbage, sincamas, and buko. Cook until tender. Add pork stock. Continue cooking 5 minutes longer. Cool partially before wrapping, lining each lumpia with a lettuce leaf. Serve with lumpia sauce.

BUKO LUMPIA NO. 3 11

2 grated buko
1/2 of a cabbage, sliced fine
2/3 cup sliced pork
Salt to taste
1/2 onion, finely sliced
1/2 cup mongo sprouts, cooked
10 shrimps, sliced
Lumpia wrappers

Saute onions, garlic, pork, shrimps, cabbage, buko and mongo sprouts. Add 1 c. of water and salt to taste. When done, wrap in lumpia wrappers garnished with lettuce. Serve with sweet sour sauce.

BLUSHING BUKO 12

1 cup buko, grated
1/2 cup boiled shrimps, chopped
2 eggs, stiffly beaten
3 tbsp. lard
2 tbsp. cornstarch
Salt and pepper to taste

Mix buko, shrimp, salt, pepper and cornstarch. Add well-beaten eggs Pour mixture in a hot frying pan containing hot lard, spreading the mixture in the pan evenly. Cook until light brown. Turn over to brown the other side. Cut in squares and serve with tomato catsup.

BUKO MOONLIGHT 13

1 cup buko, cut in small pieces
3 tbsp. boiled shrimps, sliced
2 eggs, beaten
Celery leaves for garnishing
2 tbsp. flour
3 tbsp. thick shrimp stock
Salt to taste
Fat for frying

Mix flour and shrimp stock; add shrimps, buko and salt. Fold in beaten eggs. Drop by tablespoonfuls in hot fat and fry until brown Garnish with celery leaves. Serve hot.

BUKO-AMPALAYA VEGETABLE DISH 14

1 cup buko, cut in pieces
1 cup ampalaya, worked in salt and washed thoroughly
2 tbsp. shrimps, cut in pieces
2 tbsp. pork, cut in pieces
Salt to taste
1/2 cup shrimp stock
1 segment garlic
1/4 onion, sliced fine
1 tbsp. bagoong
2 tbsp. lard

Saute garlic, onion, shrimps, pork and bagoong. Add stock and boil; add ampalaya and stir to mix. Cook until tender. Season with salt. Add buko and cook 2 minutes longer.

BUKO SURPRISE NO. 1 15

1 cup buko, cut in strips
1/4 cup pork, cut in strips
1 tbsp. shrimps, cut in pieces
1/4 onion, chopped
1 tbsp. green onion, chopped
1 segment garlic, pounded
2 tbsp. fat
1/2 cup coconut white sauce
4 tomatoes, regular size
Salt and pepper to taste

Saute garlic, onion, shrimps and pork. Season with salt and pepper. Add buko and green onion and set aside. Cut a round opening on the stem end of tomato, remove seeds, drain juice and stuff with prepared mixture. Cover top with coconut white sauce.

COCONUT WHITE SAUCE 16

1/2 cup coconut milk
1 tsp. salt
1 tsp. cornstarch
1 tbsp. fat

Heat fat and add cornstarch; stir well. Season with salt and add coconut milk. Stir continuously until it boils and the sauce thickens.

BUKO OMELET 17

1/2 buko, shredded
1/4 cup pork, ground
1 potato, cut in small cubes
2 tbsp. lard
2 eggs
1 small onion, finely chopped
1 section garlic, finely chopped
Salt and pepper to taste

Saute garlic, onion and pork. Add buko and potato. Season with salt and pepper. Continue cooking until done. Beat eggs, put in frying pan in which lard has been heated and pour the cooked mixture over it. Continue frying, folding over the eggs. Fry on all sides until brown. Serve hot.

BUKO PANSIT 18

2 cups buko, cut in long strips
1/2 cup cabbage, cut in strips
3 tbsp. shrimps, sliced
1/4 onion, sliced
1 tsp. toyo
3 tbsp. pork, par-bolied and sliced
1 segment garlic, pounded
3 calamansi, cut in halves
Salt and pepper to taste

Saute garlic, onion, shrimps and por. Add cabbage and continue cooking until tender. Season with toyo, salt and pepper. Add buko and mix well. Serve with calamansi in halves.

BUKO CHOPSUEY 19

1 cup buko, cut in squares
1/4 cup coconut milk
1/2 cup cabbage, cut in squares
1/4 onion, sliced
1 segment garlic, pounded
2 tbsp. lard

1/2 cup green papaya, sliced thinly
2 tbsp. shrimps, cut in pieces
2 tbsp. par-boiled pork, cut to pieces
1/2 cup shrimp stock
1 tsp. salt
1 tsp. toyo
1 tbsp. cornstarch
A few leaves of kinchay
A dash of white pepper

Saute garlic, onion, shrimps and pork. Add shrimp stock and stir. Add cabbage and papaya. Cook until tender. Add buko, then coconut milk; season with salt, pepper and toyo. Thicken sauce with cornstarch and allow to boil 2 minutes. Add kinchay just before removing from fire.

BUKO WITH BAGOONG

20

1 cup buko, cut in pieces
1/2 cup coconut milk
2 tbsp. coconut oil or lard
1/2 cup string beans, sliced in pieces
Salt and pepper to taste
1/4 onion, sliced
1 tbsp. pork, cut in small pieces
1/4 pork stock
2 tbsp. bagoong
1 segment garlic, pounded

Saute garlic, onion, pork and bagoong; continue sauteing until pork is brown. Add stock and boil. Add string beans and cook until tender. Add buko, coconut milk and boil. Season with salt and pepper and remove from fire. Serve hot.

MONGO WITH COCONUT MILK

21

1 banana blossom
2 cup mongo
1 cup pure coconut milk

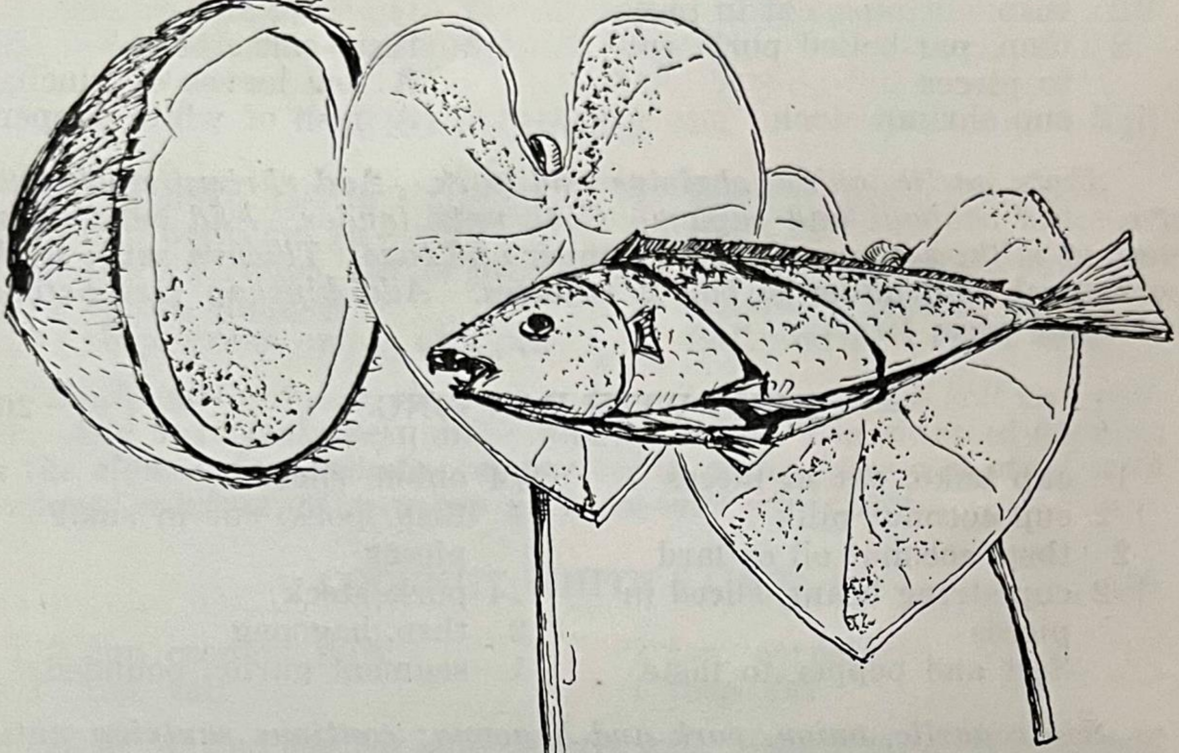
Boil the mongo in 4 cups of water until soft. Add finely chopped banana blossom. (The banana blossom must be well washed with salt to remove all the sap.) Add the coconut milk 5 minutes before removing the mongo from the fire.

GABI LEAVES IN COCONUT MILK

22

20 gabi leaves (for wrapping)
1/2 cup shrimps
1 tbsp. bagoong alamang
8 gabi leaves, minced
2 cups pure coconut milk
1/4 kilo lean pork
1 inch ginger
3 grains black pepper
3 cups diluted cocount milk
Tanglad leaves

Cut the meat and shrimps into small pieces. Chop the ginger and pound the pepper. Mix thoroughly the pork, shrimps bagoong, ginger, minced gabi leaves and pepper. Add to this mixture 1 cup pure coconut milk for moistening. Wrap the mixture in gabi leaves, using 2 for each bundle and tie with a piece of thread. Line a clay pot with tanglad leaves and arrange the bundles neatly inside. Pour in the diluted coconut milk and cook over a slow fire for 20 minutes. Add the remaining 1 c. of pure coconut milk and allow to cool 5 minutes more Serve hot or cold.



PAÑGAT WITH DRIED FISH

23

5 stems and leaves of gabi or dagmay
1 piece ginger
2 pieces red hot pepper
2 cups pure coconut milk
3 cups diluted coconut milk
1 large dried fish
3 tbsp. bagoong

Cut the stems and leaves of gabi or dagmay and dry them in the sun until the leaves are withered and the stems are shrunk. Boil the bagoong, ginger, salt and crushed red hot pepper to the diluted coconut milk and strain. Arrange alternate layers of gabi and dried (talakitok or apahap, preferrably) in a sauce pan then pour over the strained diluted coconut milk. Bring to a boil, then lower the flame and allow to simmer until cooked. (Do not stir until done or else the pañgat will have an itchy taste.) Add the pure coconut milk last and simmer for 5 minutes more.

GULAY

24

2 large ampalayas
20 pods of sitao
1/2 onion, sliced
3 cups diluted coconut milk
3 tbsp. shrimp bagoong
20 pods of batao
10 siguidillas
1/2 clove garlic
2 cups pure coconut milk

Dice the ampalaya and squeeze dry with 3 tbsp. salt to remove its bitterness. Slice the batao, sitao and siguidillas. Stir the bagoong into the diluted coconut milk to season it. Add the vegetables. Put over a slow fire and cook, stirring constantly. When the mixture begins to boil, add the pure coconut milk. Remove from the fire when the vegetables are tender and the coconut milk begins to appear oily.

DRIED SALTED FISH AND NANKA

25

1/2 unripe fruit (nanka)
2 cups coconut milk, diluted
1 cup coconut milk, pure
1 dried salted fish
2 tbsp. bagoong alamang

Pare the nanka and cut into small pieces. Cook in the diluted coconut milk, using the bagoong for seasoning. Add the dried fish and cook until done. Before removing from fire, add the pure milk, and let it boil again.

TALINUM IN COCONUT MILK

26

2 cups talinum
1 cup pure coconut milk
15 shrimps
3/4 tsp. salt
1/4 cup sweet pepper
1/4 dried alamang
1 tsp. garlic
1/2 ginger

Slice garlic, ginger and pepper thin. Boil all the ingredients (except the talinum) in the coconut milk. Add the talinum last and cook 2 minutes longer.

SUCCOTASH

27

2 raw young corn
2 cups shelled beans
2 cups boiling salted water
1 cup hot coconut milk
1 tbsp. pork fat
salt and pepper

Boil the corn and beans until tender; drain and add 1 cup of hot coconut milk. Cook 10 minutes; stir in pork fat; season with the salt and pepper.

COCONUT CROQUETTES

28

1/3 cup coconut
2 cups mashed potatoes
2 eggs
Salt and pepper
1 small bunch of green onions
1/3 cup ground pork
Bread crumbs

To the mashed potatoes, add the finely chopped green onions salt and pepper to taste. Add the beaten eggs and grated coconut. Fry the ground pork. Season with salt and pepper. Place about one teaspoon of the pork inside a small ball of mashed potatoes. Roll the balls or croquettes in bread crumbs, then in the eggs and again in crumbs. Fry in deep, hot fat.

GUAVA GULAY WITH COCO MILK

29

2 cloves bruished garlic
25 ripe guavas, pared and sliced thin
2 cups coconut milk
1/4 tsp. salt
Enough sugar to taste

Saute the garlic, add the guavas and the sugar. Stir constantly. When tender, add the coconut milk. Boil a while, then remove from the fire. Serve.

BAMBOO SHOOT WITH COCONUT MILK 30

2 cups grated bamboo shoot
1/4 cup shrimps
2 sections garlic
2 cups pure coconut milk
1-2/3 cups pork, cut in small pieces
1 tbsp. bagoong
2 tbsp. lard

Saute the garlic, add the onion and bagoong. Put in the pork and shrimps and cook in a slow fire. Pour in the shrimp juice and simmer for about 10 minutes. Add the grated bamboo shoot which has been previously par-boiled. When nearly done, add coconut milk to flavor.

BANANA BLOSSOM WITH COCO MILK 31

1 banana blossom
2 tbsp. vinegar
1 onion
1 tbsp. lard
1 cup pure coconut milk
2 ripe tomatoes
2 pieces garlic
Salt to taste

Boil the banana blossom in water. Chop the tender part into fine pieces, wash and squeeze till dry. Fry garlic in pan. add tomatoes, onions, and then the blossom and vinegar. Add coconut milk and salt and boil for 2 minutes more.

COCONUT HEART 32

2 cups coconut heart, cut in strips
2 tomatoes
2 cups rice water
Salt to taste

Cook all the ingredients together for 30 minutes stirring constantly. Serve hot.

DRIED BEANS WITH DAGMAY 33

1 cup beans
1 cup coconut milk
Salt to taste
2 cups cold water
3 dagmay roots

Soak the beans overnight. Bunch them next morning. Boil until tender. Add the dagmay; boil until soft. Add the coconut milk; simmer for 5 minutes. Add salt or bagoong to taste.

APAY 34

6 gabi stalks
1 cup sliced gabi fruit
3 sliced ripe tomatoes
1 onion, sliced
2 cups coconut milk
Salt and pepper

Remove the outer skin of the gabi stalks; cut in pieces 4 to 5 centimeters long; put the gabi fruit, tomatoes and onions in a pan; cover with water; boil until tender. Add the coconut milk, cook 5 minutes, add salt and pepper to taste. Serve hot.

COCONUT OMELET 35

3 eggs
1 small onion
Salt and pepper
Lard
1/2 cup shredded coconut
1/4 cup ground pork
1 potato, cut into cubes
1 section garlic, finely chopped

Fry the garlic, and onion in the lard. Add the pork, coconut, potato, salt and pepper to taste. Remove from the fire when cooked. Beat eggs well and make omelet with the first mixture. Serve hot.

LUMPIA WITH COCONUT MILK 36

2 cups gabi stalks, cut 1/2 inch long
1 cup pork
1 minced onion
Lumpia wrappers
12 shrimps
1/2 tsp. salt
2 cups coconut milk
Juice of 8 calamansi
2 sections chopped garlic

Boil the pork and shrimps on 1½ c. of coconut milk and salt. Save the stock and cut the pork and shrimps into fine pieces. Fry the garlic, and onion, then the shrimps and pork. Add gabi stalks which have been previously peeled, cut and boiled in three changes of water and then boiled in the coconut milk in which the pork and shrimps were cooked. This is accidified with calamansi juice. Add ½ cup coconut milk and boil 10 minutes. Wrap in lumpia wrappers and serve with finely chopped garlic and sweet sour sauce.

VISAYAN LUMPIA 37

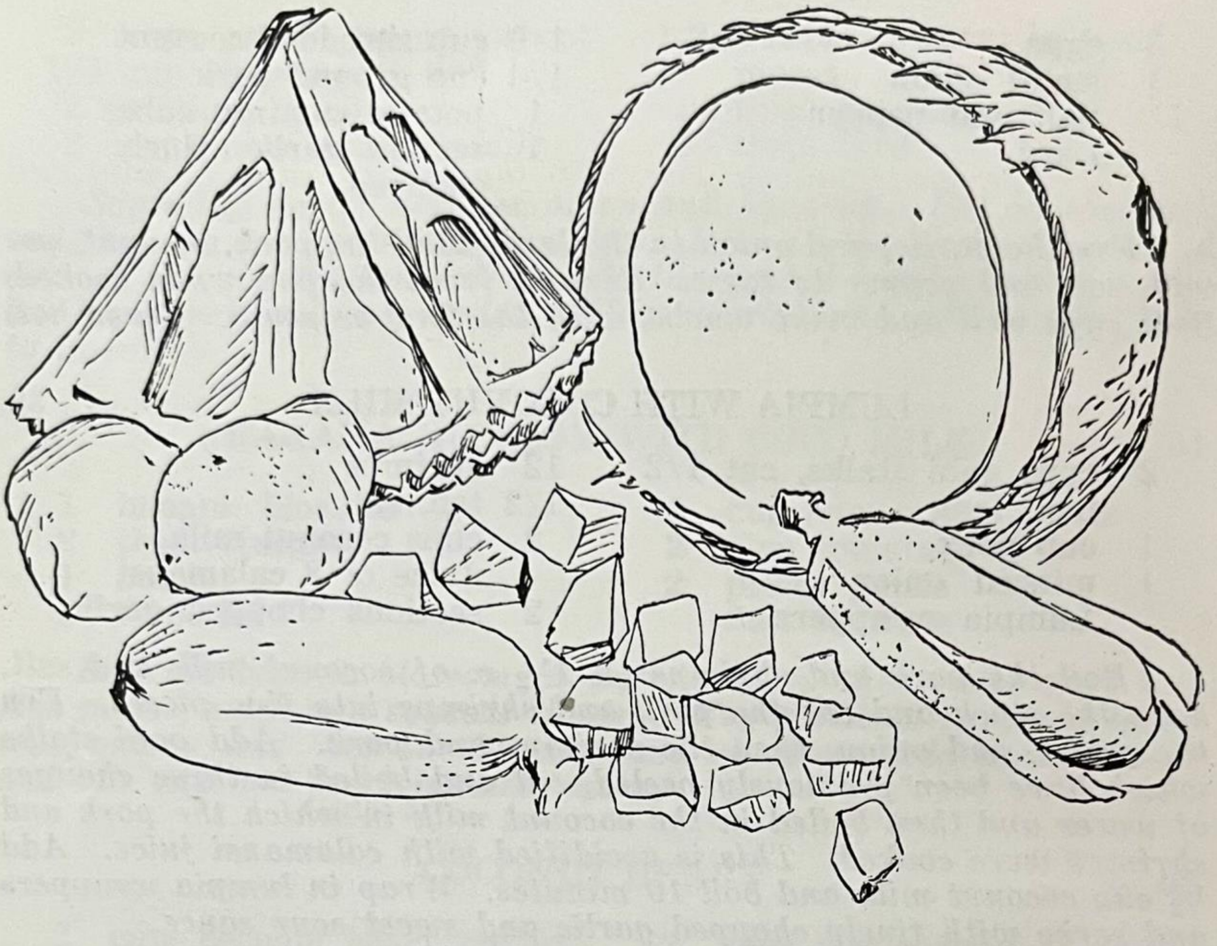
1 coconut heart (ubod)
1/4 kilo shrimp
1/2 kilo pork
1 tsp. sugar
1 onion, minced
1/4 cup tahori
1/2 cup shrimps juice
Salt to taste
2 sections garlic, minced
Lard

Boil the shrimps and pork until done. Cut into small pieces and extract the shrimp juice from the shrimp shells. Cut the coconut heart (ubod) into strips. Saute garlic, onion, shrimp and pork, then add the coconut heart and the shrimp juice. Add the sugar and salt and cook a minute longer. Cool. With a little sugar, mash the tahori and saute in hot lard. Wrap the lumpia in wrappers spreading first the tahori then fresh lettuce leaf and lastly coconut heart.

GINATAAN MUNGGO 38

1 cup boiled munggo
1 piece shredded *daing*
1 cup malunggay
Salt to taste
10 shelled shrimps
1 cup coconut milk
Chopped tomatoes

Boil the munggo until soft, add the shelled shrimps and tomatoes. Add the daing *and the coconut milk. Bring to a boil Add malunggay and cook 5 minutes longer. Serve hot.*



GATA DE NANKA OR CAMANSE 39

1	nanka or camanse	2	big slices of talakitok or tanguigui
2	coconuts, milk extracted		Achuete for coloring
3	tbsp. bagoong		

Prepare 1 cup of thick coconut milk and 2 cups of thin coconut milk to which ½ cup of water has been added while squeezing. Put together in a kettle 2 cups thin coconut milk, fish (this has been salted and set aside for 2 days but not dried), bagoong and nanka or camanse cut into pieces. Color with achuete. Boil about 20 minutes, add 1 cup thick coconut milk, boil once and remove from fire.

BAGOONG DE GATA 40

2	coconuts	1	cup bagoong

Shred the coconut, squeeze the milk, set aside shredded coconut from which milk has been squeezed, add ½ cup of water and squeeze milk again, pour all the milk in a frying pan and when oil is beginning to show, put in bagoong, stir slowly until oil is completely out.

KINILAO NGA NANKA 41

Made from shredded unripe jackfruit which is boiled and to which are added chopped ginger, chopped onions, vinegar and thick coconut milk.

PAPAYA WITH COCONUT MILK 42

1 small unripe papaya
1-1/2 tbsp. bagoong
1/2 cup pure coconut milk
1/2 cup diluted coconut milk
Salt to taste

Shred the papaya. Mix it with the diluted coconut milk and cook until the papaya is tender. Add the bagoong, salt and pure coconut milk. Simmer for a few minutes more. Serve hot.

SQUASH WITH COCONUT MILK 43

1/2 regular sized squash, peeled and diced
1 piece red hot pepper
Salt to taste
2 cloves garlic, pounded
1 big bia, cleaned

Mix all the ingredients and cook until the fish is tender. Serve hot.

MIXED VEGETABLE CURRY (INDIA) 44

1/3 cup butter
1 medium sized onion
1 clove garlic
1/2 cup water
Salt to taste
1 tbsp. shredded coconut or 4 chilis
1 tbsp. curry powder
2 cups vegetables (carrots, stringbeans & peas)

Fry onion, garlic and curry powder in heated fat until brown. Add water, then vegetables, coconut and chili pepper. Stir and mix well.

COCONUT PILAF 45

2 tbsp. butter
1 cup thinly flaked coconut
1-1/2 cups hot water
1-1/3 cups (5-oz. pkg.) precooked rice
1 tsp. salt

Melt butter in medium sized saucepan; add packaged, precooked rice with coconut; brown over low heat, stirring occasionally; add water and salt, stirring to mix well; cover; set off heat and let stand, cover for 13 minutes. Serve as rice accompaniment to main dish Serves 4 or 5.

PORK MANDALAY 46

1 cup soy sauce
2 lemons, juice extracted
1 tbsp. coconut syrup
1 lb. thinly-sliced fresh pork

Heat the sauce (do not boil), stir in juice of lemon and coconut syrup. When cool, pour over the pork. Turn daily. Keep for weeks in refrigeration. Dish should be covered.

HAM SUPREME

47

Prepare ham for baking. Pierce with 2 dozens whole cloves. Spread evenly with coconut syrup, and bake. Serve with the following sauce: ½ cup coconut syrup; ½ cup hot water, juice and grated rind of 1 lemon, soy sauce and juice from baked ham. Serve hot.

CARI PATA DE VACA

48

1 ox knuckle
1 banana blossom (of seeded) banana, (preferably)
Milk of 1 coconut
Tripa
Bagoong
1 tsp. salt
3 sections garlic
4 eggplants
String beans
Achuete coloring

Boil the knuckle and tripa cut into short lengths in sufficient water until it becomes soft then remove the bones, and cut the meat into small pieces. Fry the garlic in 3 tbsp. lard and add the meat of the knuckle. When brown, add the coconut milk and the vegetables. Color with achuete. Remove from the fire when the beans become soft. Cari is very dilicious when eaten with bagoong cooked in lard.

CARI-CARI WITH COCONUT MILK

49

1 ox tail
4 eggplants
1 coconut, grated
1 bundle sitao
1 heart of banana
salt to taste
6 radishes
1/4 liter peanuts
1/4 cup achuete seed
2 tsp. bagoong
Young squash stems
1 bundle batao

Cut the ox tail into small pieces and boil until tender. Cut the sitao into small pieces. Slice the egg plants and the heart of banana. Pare and slice the radishes. String the squash stems. Roast and pound the peanuts. Rub the achuete seeds into a cup of water and use for coloring. Extract the milk from the grated coconut. Add to the ox tail all the ingredients together except the peanuts and the bagoong. Add lastly the peanuts for thickening. When serving, use bagoong for flavoring.

HAWAIIAN CURRY

50

2 tbsp. butter
2 medium-sized onions, chopped
2 tart cooking apples, peeled, cored and diced
2 fat cloves garlic, minced
3 tbsp. flour
1 cup fresh pineapple or 1 pkg. frozen pineapple chunks
2 tbsp. curry powder
1 can Southern style moist coconut or 1 cut freshly grated coconut
3 tbsp. butter, softened
2 cups milk
2 cups raw chicken, cut in pieces or raw, peeled and cleaned shrimps

Saute the onion, apples and garlic in 2 tbsp. butter. Add the curry powder and stir briefly. Meanwhile, soak the coconut in the milk (if the coconut is fresh, use its milk as part of the liquid.) Add the milk and coconut to the sauce. Mix the softened butter and flour. Stir until smooth. Add to the pan and simmer over a low flame for about 45 minutes. Add the chicken or shrimp and simmer until tender. This dish is better if the meat stays in the sauce overnight to ripen in the refrigerator. Heat, and add the pineapple just before serving. Serve with large bowls of rice. Makes 6 servings.

CHICKEN ROYALE 51

1 chicken, disjointed
1-1/2 cups coconut milk
1-1/3 pineapple slices
Salt and pepper
1/2 cup grated toasted coconut
1/4 cup flour
Cold water

Season the chicken. Add coconut milk, cover and simmer slowly until tender. Remove skin and bones from the meat. Thicken the broth with flour mixed to a paste in cold water. Cover the bottoms of 6 individual cups with pineapple slices. Place pieces of chicken over pineapple; pour gravy over all, then sprinkle with grated coconut. Bake in hot 400°F. for 20 minutes.

CHICKEN DINUGUAN WITH COCONUT MILK 52

1/2 cup chicken blood
2 sections garlic
1 onion, sliced
1 tbsp. lard
Salt to taste
1/4 cup vinegar
2 cups chicken meat
1/2 cup coconut milk
Chicken liver and gullet cut fine

Pour vinegar into the chicken blood as soon as the chicken is killed to avoid its hardening. Saute garlic and onion until brown. Add the chicken meat, liver and gullet and cook 10 minutes. Then add the coconut milk. Add the vinegar and the blood and boil for 2 minutes longer. Salt to taste.

TINUNTUÑGAN 53

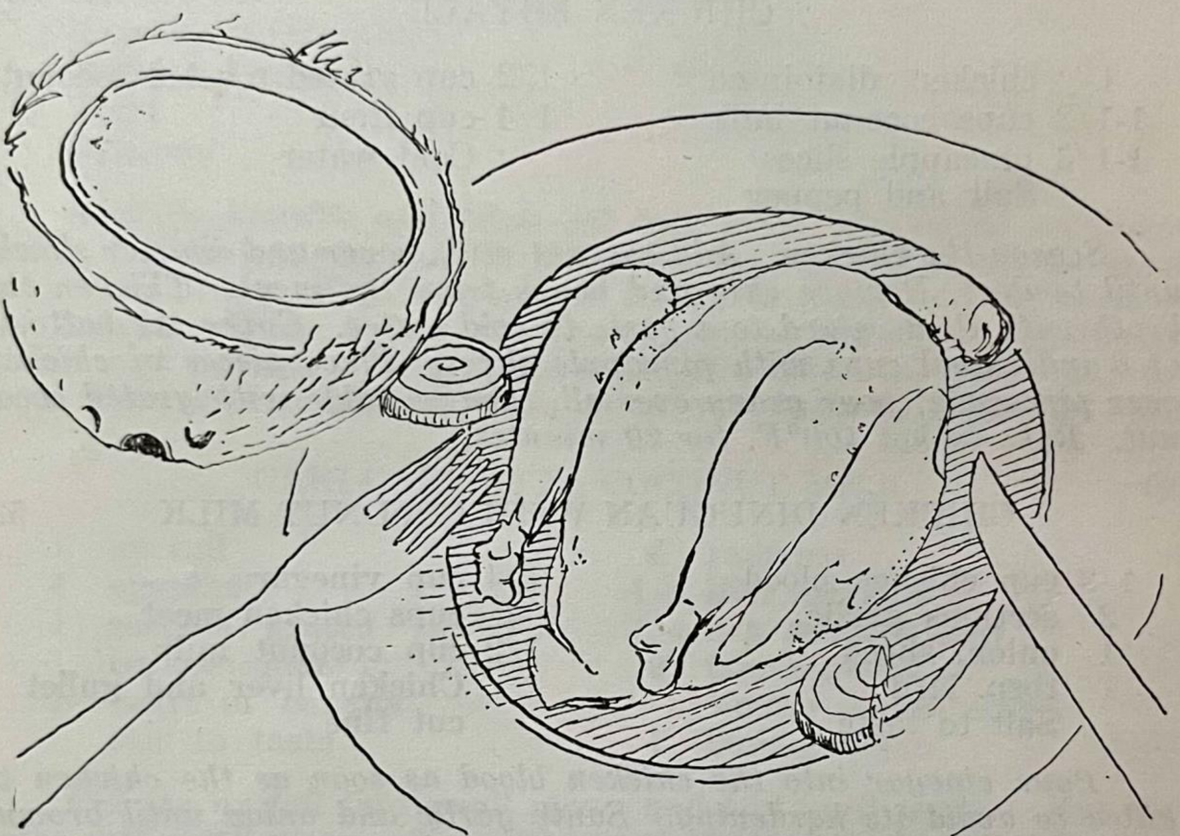
1 chicken
2 cups diluted coconut milk
2 red and green peppers
Salt and pepper to taste
1/2 cup pure coconut milk
2 tender banana trunks (ubod)
4 camotes (yellow variety)
Tanglad and garlic

Cut the chicken into small pieces. Slice the ubod fine and sprinkle with salt. Add the diluted coconut milk to the pounded garlic and tanglad and stir constantly until it boils. Add the chicken and the ubod and cook over a slow fire. Add the sliced camote and peppers. These may be cut into fancy shapes. Add the thick coconut milk and cook 5 minutes more. Season with pepper and salt. Arrange neatly on the platter and garnish with camote and green and red peppers.

CHICKEN ADOBO WITH COCONUT SAUCE 54

1 fat chicken, cut into pieces
1/2 kilo pork, cut into pieces
1 head garlic, crushed
Achuete for coloring
1 cup water
1 cup pure coconut milk
1/2 cup vinegar
Salt to taste

Put the chicken, pork, garlic, vinegar, water and salt in a pan and cook until tender. Color with achuete then add coconut milk and boil for 5 minutes longer.



CHICKEN CURRY 55

1 spring chicken
½ tsp. curry powder
½ cup pure coconut milk
½ cup oleomargarine
2 tsp. lard
12½ cups diluted coconut milk
1 onion
Salt to taste

Disjoint the chicken. Season with salt. Chop the onion finely. Fry the chicken in oleomargarine. Saute the onion, add the chicken and the thin coconut milk and cook until the chicken is tender. Add the pure coconut milk and curry powder and cook until the sauce is thick.

BRINGE 56

1 chicken, boiled and cut into pieces
½ cup pork, boiled and cut into pieces
1 cup shrimps
½ cup ham, chopped
½ onion sliced
1 tbsp. curry powder

1 clove garlic, minced
1½ cups coconut milk
Salt and pepper to taste
½ laurel leaf
1 tbsp. lard
¾ cup rice

Fry the garlic, add the onions, shrimps, pork and ham. Then add the chicken, curry powder and rice. Season with salt and pepper and laurel leaf. Add coconut milk and cook in a very slow fire until done.

MANOK NA INOBARAN

57

1 regular-sized chicken
1 ubod (core of banana stalk)
1 cup water
Milk from 2 grated coconuts
Vinegar
1 regular-sized onion
2 cloves garlic
2 tbsp. lard
Salt to taste

Dress the chicken, cut into serving pieces. Slice the ubod into small pieces removing hard parts and fibers. Mix salt with ubod and squeeze to remove pungent taste. Saute the garlic and onions in the lard; add the chicken, cover and cook 5 minutes. Add the water and continue cooking. Add the vinegar and salt. Cook until almost dry. Add the ubod and cook until the chicken is tender. Add thick coconut milk and continue cooking, stirring occasionally for 5 minutes longer. Serve hot.

KALALOUM

58

This consists of a chicken, cut in joints, cooked in oil, serve with boiled rice, dry and flaky, and portions of coconut, pounded green pimientos. peanuts, a quartered orange and yams. This is all mixed on the plate with the chicken.

POULET A LA CREOLE

59

Choose a young chicken and disjoint it. Brown the pieces of chicken in hot butter and when well browned. add 1 or 2 sliced onions, which have also been browned in butter. Season with a little saffrom, 1 tbsp. of curry powder, chili pepper and salt. Simmer till the chicken is tender, and a few minutes before serving, add a little coconut milk and stir well. Plain boiled rice is serve with this.

SHRIMP STUFFED WITH BUKO

60

1/4 cup buko, shredded
1 egg
2 tbsp. flour
"Unto sin sal"
"Ticoy cover"
2 tbsp. cornstarch
1 tsp. green onion, chopped finely
12 fair-sized shrimps
Pepper and salt to taste
Fat for frying

Shell shrimps but do not remove tail. Open back with knife and fill with mixture of shredded buko mixed with small amount of finely chopped green onions, salt and pepper. Wrap with "unto sin sal," *line with "ticoy cover" and dip in mixture of well-beaten egg, cornstarch, and flour. Fry in deep, hot fat. Serve hot.*

LOBSTER CURRY 61

3 tbsp. butter or oil
2 medium sized onions, chopped
1 fat or 2 small cloves garlic, chopped fine
1 tbsp. curry powder
1 lemon juice and grated peel
1/2 cup grated coconut
1 lb. lobster meat, pulled apart and membranes removed
1 cup coconut milk (fresh or made by pouring 1 cup of boiling water over 1/2 cup grated coconut.)
Salt and pepper to taste

Saute the onion and garlic in the butter or oil until pale yellow. Add the curry powder, blend in well and then add the grated lemon peel and juice. Cook until smooth. add the lobster, coconut milk salt and pepper. Simmer over an infinitesimal flame for 50 to 60 minutes. Makes 4 servings. This is delicate and simple, needing only rice, chutney and almonds for perfection.

BRAISED FISH CURRY 62

1 tbsp. chili powder
1 lb. fish
1 tbsp. curry powder
2 tbsp. lard
Salt
4 cloves garlic
1 green hot pepper
1 native onion
1 cup pure coconut milk
Vinegar
Ginger

Saute the onion, pepper, garlic, ginger and curry powder. Add the coconut milk, vinegar, chili powder and lastly the fish. Season with salt. Cover and cook over a low fire.

FISH SPREAD 63

1 medium sized bañgos, dalagang bukid or navahita
2 cups diluted coconut milk
Juice of 6 calamansi
1/2 tsp. salt
1/4 cup pure coconut milk
2 egg yolks
Pinch of nutmeg

Boil the fish in the coconut milk to which has been added the calamansi juice, salt and a pinch of nutmeg. Flake the fish and mash fine. Add the rest of the ingredients and cook a few minutes, stirring well to avoid the mixture from sticking to the pan. Spread between 2 slices of bread.

SHRIMP STUFFED WITH COCONUT 64

1/2 cup shredded coconut
1 egg
2 tbsp. flour
Lumpia wrappers
A piece of "unto sin sal"
24 fair sized shrimps
2 tbsp. starch
3 green onions
1/2 tsp. salt
Pepper

Remove the shells of the shrimps but the tails. Open the back and fill with a mixture of the shredded coconut, the finely chopped green onions, salt and pepper to taste. Wrap with "unto sin sal" and lumpia wrappers. Dip in a mixture of the well-beaten egg, starch and flour. Fry in deep hot fat. Serve hot.

SHRIMP TINOKTOK

65

1/2 cup shelled shrimps
2 cups coconut milk
2 young coconut, shredded fine and chopped
Tanglad leaves
2 tsp. chopped onions
Salt to taste
Ginger
Squash leaves
Pepper

Chop the shrimps finely. Extract the shrimp juice and season with salt and pepper. Mix chopped shredded coconut with the shrimps, onion and ginger. Form into cakes and wrap in the squash leave. Line a clay pot with tanglad leaves and arrange the cake neatly inside. Pour in the coconut milk diluted with the shrimp juice and cook over a slow fire for 20 minutes.

FISH LOAF

66

1 chopped sweet red pepper
1 cup coconut milk
1/2 cup flaked fish
1/2 cup milk
2 pinches paprika
3/4 tbsp. salt
3 eggs
1/2 cup bread crumbs
1 tbsp. lemon juice

Boil the fish in the coconut milk. Add the bread crumbs, lemon juice, salt, paprika, sweet pepper, well-beaten eggs and milk. Place in a buttered bread mould and bake 30 minutes in a moderate oven.

FISH CHOWDER

67

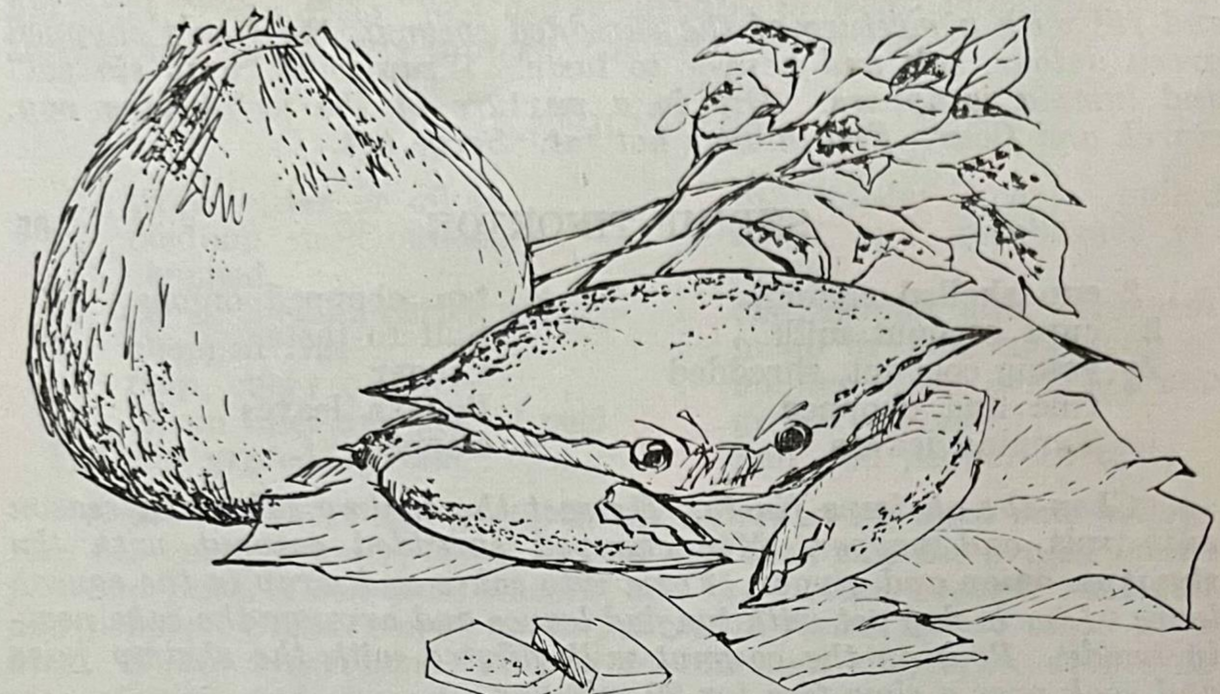
1 cup flaked fish
2 cups coconut milk
4 tbsp. grated cheese
1 pinch pepper
1 cup boiled rice
3 eggs
1 tsp. salt
2 tsp. butter

Boil the fish in 1 cup of coconut milk. Flake and remove the bones. Add the butter. To the well-beaten egg yolks, add 1 cup of coconut milk, boiled rice flaked fish grated cheese. salt and pepper. Fold in the stiffly beaten egg whites. Pour the mixture into a buttered mould. Place mould in a pan of hot water and bake in a moderate oven for about 30 minutes.

CRAB WITH COCONUT MILK

68

4 fresh crabs
1-1/2 cups diluted coconut milk
Salt to taste
1/2 cup pure coconut milk
1/4 cup young pepper leaves



Cut the crabs into halves. Cook in diluted coconut milk. Add the heavy coconut milk and the pepper leaves. Boil for 3 minutes. Serve hot.

CRAB ADOBO WITH COCO MILK

69

1 tbsp. lard
1 clove garlic
1/2 cup coconut milk
5 crabs

1/4 cup vinegar
1/2 cup water
Salt to taste

Wash the crabs. Cut into halves. Place the crabs in a carajay with enough water, vinegar, minced garlic and salt to taste. Cover the carajay and cook the crabs. When the liquid is partly absorbed, add enough lard. Lastly, add rich coconut milk. Cook for a few minutes.

FISH SINIGANG

70

1 lb. fish
2 stems pepper leaves
1 piece of ginger (size of thumb)
3 calamansi
1 cup pure coconut milk

3 tbsp. lard
1 whole garlic
2 green pepper
2 cups diluted coconut milk
Salt to taste

Saute the onions in coconut oil; add the pepper leaves, garlic, fresh pepper, salt and the fish. Add the diluted coconut milk and simmer until nearly done. Add the calamansi juice and the pure coconut milk and cook for 5 minutes more.

CRABS WITH BEANS IN COCO MILK 71

3 crabs
1/2 cup coconut milk, pure
1-1/2 cup diluted coconut milk
1 red pepper, sliced
Salt to taste

Cut the crabs in halves and cook in 1½ cups diluted coconut milk. Season with salt and add red pepper. When done. add the remaining half cup of thick coconut milk. Serve hot.

BIA WITH COCONUT MILK 72

Clean the bia, boil it slowly for 15 minutes in a cup of coconut milk ½ tsp. of salt, the juice of 5 calamansi. Lay the fish on a platter and pour over it a gravy made from the stock in which it was cooked and 1 tbsp. of flour which is boiled until thick. (Bia is the most suitable fish for this recipe although other fish may also be used.,

PINAYOKAN NGA UBOD AG ALIMAÑGO 73

1 head medium size ubod (nipa)
3 medium size chopped tomatoes
5 medium size crabs, cut into 2 parts
5 tanglad leaves
10 fresh green onions, cut into 1-inch strips
Salt to taste
Milk from 1 grated coconut

Slice the ubod into strips. Blanch with hot water. Squeeze water out and clean thoroughly. Boil the ubod, add tomatoes and the crabs and continue cooking until the ubod is tender. Wash the tanglad and fold it 4 times, tie it with thread and put it into the pot. Add the green onion leaves. Pour the coconut milk. Add salt to taste. Cook for not more than 5 minutes.

GATA DE CURAY 74

4 curay (crabs)
1/2 head garlic
1 head onion
1 bundle kangkong
1 tbsp. lard
1/2 cup pure coconut milk
2 cups thin coconut milk

Clean curay, open up and pack in leaves of kangkong and set aside· saute garlic and onion, pour in 2 cups of thin coconut milk and bring to a boil. add curay and cook for about 20 minutes, pour in the thick coconut milk and boil once.

CRAB WITH COCONUT 75

Pick a coconut not too soft nor too hard and shape the meat out into needle-like lengths with tin scraper. Get the crabs and pry off the shells. Get the fat and mix it with the chopped coconut meat or noodles and put the mixture back into the shell. The filled shells are fitted back to the crabs, tied with lengths of twine to prevent them from slipping out and then boil.

SHRIMP WITH COCONUT 76

A coconut just right in age and softness is picked out. The meat is scraped and set aside. The shrimps are peeled and then sliced lengthwise. The head and tail are pounded and juice, extracted. Shrimps are sauteed in onions, the coconut meat and then the juice are added. Just before serving, the whole thing is sprinkled with calamansi juice.

FISH KINILAO 77

1/2	lb. flaked fish (tanguigui, preferred)	1/2	cup pure coconut milk
1	small piece ginger, pounded fine	5	calamansi, juice extracted
1	onion, sliced	3/4	cup vinegar
			Salt to taste

Marinate the fish in vinegar until it is all white and cooked in it. Squeeze the vinegar out and dice the fish. Mix it with ginger, onion, salt, calamansi juice and coconut milk. Chill and serve cold.

GUINATAANG BIA 78

1	piece ginger, pounded	1/2	cup coconut milk
1	piece red hot pepper	1	big bia, cleaned
	Salt to taste	2	cloves garlic, pounded

Mix all the ingredients and cook until the fish is tender. Serve hot.

SHRIMP CURRY 79

1	clove, finely sliced garlic	1	hot, green pepper, finely minced
1	finely sliced onion	1/2	inch piece of ginger, finely minced
2	tbsp. fat	1	tsp. salt
1/2	cup strong shrimp liquor	1	kilo shelled, cleaned shrimps
1	cup coconut milk		
	Curry powder to taste		

Saute but do not brown the garlic and onion in fat. Add the curry powder. Then add salt, pepper, ginger; saute for 1 or 2 minutes with vegetables. Add shrimp liquor and simmer 10 to 15 minutes. Add shrimps, simmer until shrimps are almost done, then add the coconut milk. Cook without boiling until the shrimps are done and sauce is thickened.

GUAMANIAN SEVICHE 80

2	lbs. boned halibut	1/3	cup lime juice
3	tbsp. water	1	cup new flaked coconut
2	tbsp. butter		Salt
	Pepper		

Cut halibut into 1-inch squares; place in buttered 1-quart casserole; season with salt pepper; powder lime juice combined with *water around fish squares in dish, dot with butter, sprinkle with coconut and bake in preheated slow (325°F.) oven for 25 or 30 minutes. Makes 8 servings. This dish is an adaptation of a pickled fish favorite discovered by American servicemen and their wives stationed in Guam.*

BUKO SHORT CAKE 81

2 tbsp. milk
1 tbsp. sugar
1-1/2 tbsp. shortening
Meat of 2 buko, shredded
1 c. flour
2 tsp. baking powder
1/4 tsp. salt

Sift dry ingredients together. Work in butter or other shortenings; add milk to make a soft dough. Roll on floured board to desired thickness and cut with a biscuit cutter. Bake in a hot oven 20 to 25 minutes. Split, butter, and fill with shredded buko previously sweetened with sugar and chilled. Top with the shredded buko mixture. Serve with cream and sugar.

BUKO-CHOCOLATE CAKE 82

1/2 cup grated buko
1-1/2 cups flour
1/2 tsp. baking powder
1/2 cup sugar
1/2 tsp. salt
1 egg
1/4 cup milk
2 tbsp. cocoa
1/4 cup butter

Melt butter and add the cocoa Remove from fire, add sugar and beat well. Add well-beaten egg and grated buko. Mix in the milk alternately with flour sifted with baking powder and salt. Pour in a greased cake pan and bake in a hot oven 30 to 40 minutes.

BUKO FANCIES 83

1 cup buko, finely chopped
1/2 cup flour
1/4 tsp. vanilla
1/3 tsp. salt
1/2 cup sugar
2 tsp. melted butter
2 eggs

Beat eggs well; add sugar and continue beating; add melted butter and the other ingredients. Blend well; put in buttered muffin pan. Bake until slightly brown.

PETITS GATEAU AU COCO 84

Beat 4 ounces of finely grated coconut with the same quantity of sugar and 2 egg whites. When the mixture is very stiff, drop a spoonful at a time on a well-buttered and somewhat thick baking tin and bake in a moderate oven till the little coconut cakes are just beginning to color.

COCONUT ANGEL FOOD 85

1 cup egg whites
1 tsp. cream of tartar
1½ cups sugar
1 can desiccated coconut
1 cup cake flour
1/4 tsp. vanilla
1/4 tsp. almond flavor

Beat the egg whites until frothy. Add cream of tartar and beat until stiff, but not dry. Sift sugar, flour. and salt together 5 times. Fold gradually into the egg whites. Add flavoring and coconut (browned in shallow pan in the oven). Rinse the tube pan with cold water and pour butter. Place in a slow oven 200°F. and bake for 30 minutes. Invert pan allow to stand until cold.

TORTA DE COCO 86

1/2 cup coconut milk
1 cup sugar
1/3 cup hot water
2 eggs
1 tsp. vanilla
1/2 cup butter or lard
1-1/3 cups flour
2 tbsp. cornstarch
1/2 tsp. salt
2 tsp. baking powder

Grease with lard or butter 2 plates and sprinkle with flour. Cream the butter and the sugar and then the egg yolks. Sift 1 cup of flour with cornstarch and salt. Add little by little to the creamed mixture alternately with the coconut milk. Then add the the vanilla and the rest of the flour mixed with baking powder. Mix well. Fold in egg whites beaten until stiff. Pour into prepared moulds and bake in a moderate oven until golden brown. Cool and fill with coconut filling and pour merengue on top.

ICING FOR TORTA DE COCO 87

1 egg white beaten until stiff
1/3 cup hot water
1½ cups grated coconut
1 cup sugar
1/2 tsp. vanilla

Put the sugar in the water and boil until a soft thread is formed. Put little by little about 5 tablespoons of this syrup in the beaten whites, beating well. Beat for 5 minutes. Add vanilla and pour over cake with grated coconut.

COCONUT CHOCOLATE ICING 88

1/3 cup cocoa
1½ cups powdered sugar
1 cup shredded coconut
3/4 cup milk
1 tsp. vanilla

Combine the cocoa and sugar. Add milk little by little. Add vanilla and coconut. Spread evenly on the cake batter.

GATEAU DE PATATES AU COCO 89

Boil about 2 pounds of sweet potatoes until quite soft and rub them through a sieve. Mix with the juice which is extracted from a *grated coconut putting it in a cloth and squeezing in a little sugar and butter and 3 whole eggs well-beaten. Flavor with a small glass of anisette, put the mixture in a well-buttered cake pans and bake until light brown.*

FRUIT CAKE

90

1 cup water
1 cup candied orange or lime peel, cut into cubes
1 cup of candied condol, cut into cubes
1/3 cup cherry brandy
1 cup raisins
1 cup bukayo or shredded, young coconut
1 cup pili nuts

Mix together and leave the mixture overnight in the ice box. Prepare the 2nd mixture:

1½ cups butter
1 cup sugar
3 cups flour
2 tbsp. baking powder
3 tsp. salt
6 eggs

Cream the butter, add the sugar. Beat the eggs and add to the creamed butter and sugar. Add the flour, lastly, the fruits. Grease loaf pans and dredge thinly with flour. Bake from 1¼ hours in a moderate oven.

COCONUT DESSERT PANCAKES

91

1 tsp. baking powder
1 tbsp. sugar
1 cup milk
1/2 cup new flaked coconut, plain or toasted
1 cup sifted all-purpose flour
1/2 tsp. salt
1 egg, well-beaten
3 tbsp. butter or shortening, melted
1 cup canned whole cranberry

Sift flour once before measuring; add baking powder, salt and sugar and sift again; to these dry ingredients gradually add milk combine with well-beaten egg; beat mixture just until smooth; thoroughly mix in shortening and flaked coconut. Allow approximately 3 tbsp. butter per pancake; bake on hot griddle, as usual. Serve 3 or 4 of pancakes (these should average 3 inches diameter) with cranberry sauce as a single portion. Recipe makes enough for 4 to 6 portions. Note: If desired, spoon cranberry sauce into pancakes, roll into cone shape, and fasten lapped edges, near small end of cone, with colored toothpicks.

COCONUT CAKE

92

2 cups cake flour
2½ tsp. baking powder
1/2 tsp. salt
2/3 cup butter
1¼ cups sugar
3 eggs
1 tsp. vanilla
1 cup moist shredded coconut
3/4 cup milk

Sift flour measure. and add baking powder and salt. Cream shortening, add sugar gradually, cream together until light and fluf-

fy. Add unbeaten eggs one at a time beating thoroughly after each addition. Add vanilla and lightly chopped coconut. Add dry ingredients alternately with milk, stirring only enough after each addition to blend thoroughly. Do not beat. Bake in a moderate oven (375°F.) about 25 minutes. When cool, frost layers with boiled frosting and sprinkle with toasted coconut. Makes 2 8-inch layers.

BOILED WHITE ICING 93

3 cups granulated sugar
1 cup water
1/2 cup egg white or
6 egg whites, average size
1 tbsp. vanilla
1 fresh grated coconut
A small pinch of cream of tartar

Boil sugar, cream of tartar and water until syrup hairs when dropped from spoon. Allow the syrup to cool and pour slowly beating all the time, into stiffly beaten egg whites. Beat until fluffy and right consistency to spread. Add vanilla. Spread icing between layers of cake, on top and sides, and sprinkle the icing with coconut.

COCONUT ECONOMY CAKE 94

2/3 cup flour
1 tsp. baking powder
2 tsp. shortening
1/3 cup coconut milk
1/2 tsp. vanilla
1/2 cup sugar
1 egg, well-beaten

Sift flour and baking powder 3 times. Cream butter and sugar. Add egg and mix well. Add flour gradually alternately with milk. Add vanilla and mix well. Bake in a moderate oven.

COCONUT HOT CAKE 95

1 cup coconut milk
1½ cups cassava flour
3 eggs
1 tsp. sugar
1 tsp. baking powder
1/4 tsp. salt

Beat eggs; add milk and flour sifted with dry ingredients 3 times alternately. Drop by spoonfuls in a greased pan and cook until both sides are brown. Serve with coco honey.

COCONUT CHOCOLATE CAKE 96

2 cups sugar
1 cup butter
2½ cups flour
1 tsp. baking soda
1/2 cup cocoa
1 cup shredded coconut
1/2 tsp. salt
5 eggs (beaten) and 2 eggs yolk
1 cup milk
2 tsp. vanilla

Cream the butter and sugar. Add beaten eggs. Sift flour, cocoa salt and baking soda. Add alternately with the milk. Add coconut Bake at 350°F. for 30 or 40 minutes.

FEATHER COCONUT CAKE 97

1½ cups flour
4 tsp. baking powder
2 eggs
1 tsp. lemon extract
7/8 cup sugar
4 tsp. melted shortening
1/2 cup milk
1/2 cup fresh grated coconut

Sift flour, sugar and baking powder. Add shortening and beaten eggs to milk and add to dry ingredients. Mix well flavoring and coconut and bake in greased loaf pan in a moderate oven at 375°F. for about 45 minutes. Sprinkle with powdered sugar or ice with white icing, with grated coconut sprinkled on top.

DIXIE WHITE CAKE 98

3 cups flour
1/2 tsp. salt
3 tsp. baking powder
1½ cups sugar
1 cup water
4 egg whites, stiffly beaten
1 cup grated coconut
1 tsp. lemon extract

Sift flour once, measure, add baking powder and salt and sift together. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add coconut, then flour and water alternately, a small amount at a time. Beat after each addition until smooth. Add extract and fold in whites. Bake in a moderate oven 350°F. for 1 hour and 15 minutes. Spread coconut frosting on cake.

COCONUT FROSTING AND FILLING 99

2 cups granulated sugar
1 cup water
2 eggs whites
1/2 tsp. baking powder
1 tsp. flavoring
1 cup freshly grated coconut

Boil sugar and water without stirring until syrup spins a thread; pour slowly over stiffly beaten egg whites and beat until thick. Add flavoring and baking powder; allow to stand a few minutes before spreading. Fold in or sprinkle coconut on top of frosting while still soft.

COCONUT-SEVEN MINUTE FROSTING 100

2 egg whites
1 tsp. vanilla
1/4 tsp. cream of tartar
5 tbsp. cold water
1½ cups sugar
1½ cups shredded coconut

Put whites, sugar, water and cream of tartar in upper boiler and beat with rotary beater until frosting stands in peaks. Add vanilla and ¾ cup coconut. Beat until thick enough to spread. Sprinkle the remaining ¾ cup coconut on top.

TOASTED COCONUT CAKE 101

1½ cups sugar
3 eggs
3/4 cup butter
1 cup water

3 cups cake flour
2 tsp almond extract
3 tsp. baking powder

Sift and measure flour, add baking powder and sift 3 or 4 times. Cream shortening. Add sugar and cream until fluffy. Add unbeaten eggs, one at a time, beating hard after each addition. Add water and dry ingredients alternately. Add flavoring. Bake in 3 layers in moderate hot (375°F.) oven for 35 minutes. Put layers together with white cooked and uncooked icing and cover with toasted coconut.

COCONUT CREAM FILLING 102

1/4 cup flour
1/2 tsp. salt
2 egg yolks, well-beaten
1/4 cup coconut
1/4 cup sugar
1 cup scalded milk
1 tsp. vanilla

Add milk gradually to mixed dry ingredients and place in double boiler; cook until thick, stirring constantly. Pour mixture little by little over yolk and return to double boiler, and cook 10 minutes longer. Add vanilla and coconut. Cool and spread between layers of cake.

COCONUT MARSHMALLOW LAYER CAKE 103

1/2 cup shortening
3 eggs
1 tsp. vanilla extract
2 cups pastry flour
1/4 tsp. salt
1 cup sugar
1 tsp. lemon juice
3/4 cup milk
3 tsp. baking powder

Cream shortening; and sugar, yolks of eggs and flavoring; mix well. Sift flour, baking powder and salt; add alternately with milk to the first mixture. Add white of eggs beaten stiff. Bake in 3 greased and floured layer cake tins in moderate oven at 400°F. for 15 to 20 minutes. Put together with the filling and frosting.

COCONUT MARSHMALLOW FILLING AND FROSTING 104

1½ cup sugar
6 large marshmallows
2 tsp. lemon juice
1 cup water
2 egg whites
1 cup freshly grated coconut

Boil sugar and water until syrup spins a thread. Add marshmallows cut into small pieces, but do not stir into the syrup. Pour very slowly stiffly beaten whites and beat till smooth. Add lemon juice. Spread between layers. Cover sides and tops of cake with frosting, sprinkling thickly with coconut. Decorate with marshmallows.

BAKED COCONUT MERENGUE 105

1/2 cup granulated sugar
1 egg white, stiffly beaten
1/2 cup shredded coconut

Beat in the sugar into the stiffly beaten egg white, spread over cake batter and sprinkle the coconut on top. Bake in a moderate oven (350°F.).

PUTO

106

1 liter rice
3 cups water
3/4 cup coconut milk
6 tsp. baking powder
1½ cups sugar
Shredded coconut

Wash the rice; soak it in water for a short time then grind it. Add the coconut milk to the ground rice. Add baking powder and sugar. Fill small cups nearly full of the mixture; cook in a steamer over boiling water. When well done, set the cups in cold water for a few minutes. after which the puto can be easily removed from the cups. Serve with shredded coconut.

PUTO DE UBE

107

4 cups new white rice
1½ cups cooked mashed ube
2 cups sugar
1/4 cup coconut milk
4 tbsp. baking powder

Grind the rice which has been soaked in water for 3 hours until fine. Knead the rice and add sugar, then the ube. Strain it; add the coconut milk. Line the mold with a little coconut milk and pour the mixture to which the baking powder has been added. Cook in a chinese steamer.

BIBINGKA NO. 1

108

3 cups grated fresh cassava tubers
3 cups coconut milk or 2 cups coconut milk and 1 cup evaporated milk
2 cups sugar
3 eggs
3 tbsp. butter
Native cheese (optional)

Grate peeled fresh cassava. Measure. Beat eggs, add coconut milk, sugar and melted butter. Mix well. Extract some of the juice from the mixture and cook this separately until thick enough to spread. Set aside. Line mould with banana leaf. Pour cassava mixture and bake in moderate oven. When almost done, spread cooked thickening with grated cheese and bake again until well brown. Serve cold.

BIBINGKA NO. 2

109

3 cups rice flour
5 eggs
1/2 yeast cake
2½ cups coconut milk
2 cups sugar
4 tbsp. coconut butter
Grated coconut

Dissolve the yeast cake in 1 tsp. sugar. 1/2 cup rice flour and 1/2 cup coconut milk. Set aside to rise until double in bulk. Mix in with the yeast mixture the rest of the rice flour and coconut milk.

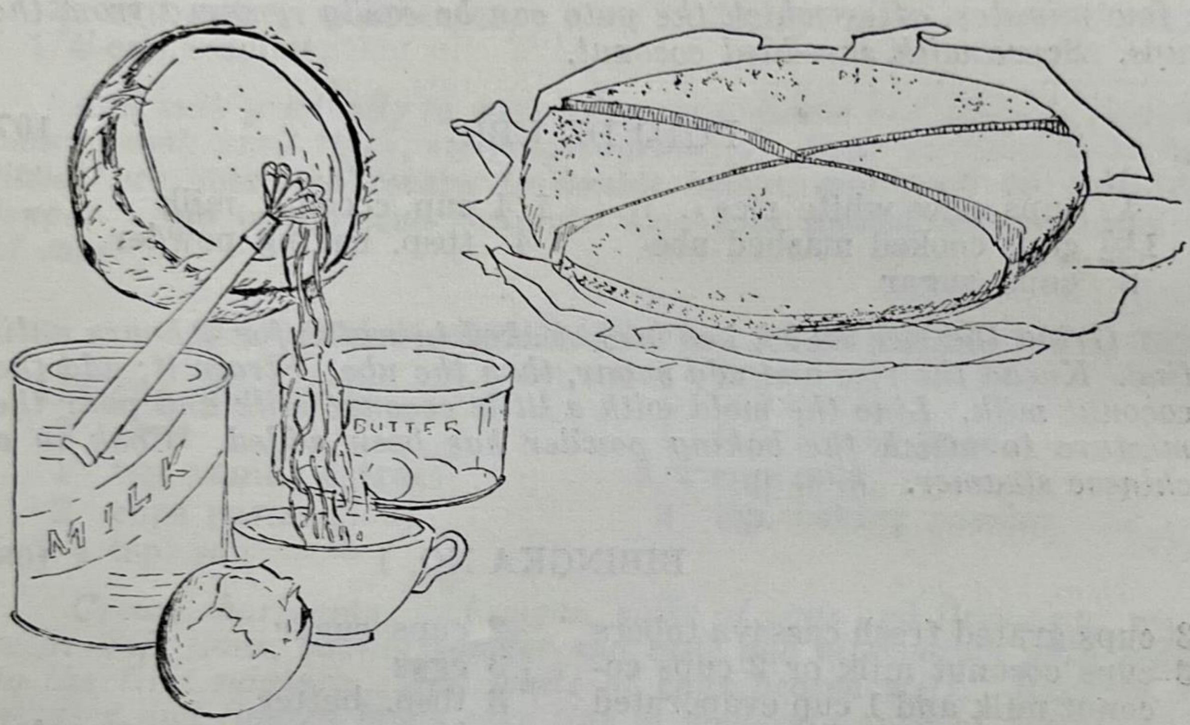
Cover and set aside overnight. In the morning, add the beaten eggs and butter. Line bibingka mold with banana leaf, pour the mixture until 2/3 full and top with slices of Laguna cheese. Bake in the old fashion way. Serve with grated coconut.

RICE PUTO

110

1 cup cassava flour
1 cup rice
3/4 cup coconut milk
6 tbsp. baking powder
1 cup sugar
Grated coconut

Wash the rice, soak in water for short time and grind fine. Drain the water. Add coconut milk. Sift the cassava with baking powder and sugar. Mix together. Cook by steam and serve grated coconut.



MAKAPUNO BIBINGKA

111

1 cup milk
1/2 cup makapuno coconut
1 cup rice flour
5 egg yolks
1/2 cup flour
1/2 tsp. vanilla
2 tbsp. butter

Beat eggs well, add the mixed sugar and flour. Add milk. Stir in the mokapuno meat and melted butter. Pour the mixture into molds lined with banana leaves and bake in moderate oven. When half done. brush surface with butter, sprinkle with sugar and cook until golden brown.

MALAGKIT BIBINGKA

112

1 cup malagkit rice
1¼ cups brown sugar
1/2 tsp. salt
Grated coconut
1/2 tsp. powdered anis
3 cups diluted coconut milk
1/2 cup pure coconut milk

Beat the thin coconut milk till boiling point, skimming off foam as it rises. Add the rice and cook until tender. Add salt dissolved in a little water and 2/3 of the sugar. Line the clay oven with banana leaf. Pour in the cooked rice and then the rest of the coconut milk over it. Sprinkle sugar over the top and anis over the sugar. Cover the oven and bake about 20 minutes. Serve with grated coconut.

PUTO MAYA 113

Boil malagkit rice and when cooked, form into flat cakes 1-inch thick. Serve with grated coconut and sugar.

BIBINGKA CASSAVA 114

4 cups grated cassava
2 cups grated coconut
1 tsp. salt
1/2 cup margarine, melted
1½ cups sugar

Mix together all ingredients, leaving half of the margarine. Pour in pan lined with banana leaf. Bake in hot oven; brush top with remaining margarine and sprinkle with sugar. Return to the oven until done.

ROYAL BIBINGKA 115

2 cups flour
1-1/3 cups coconut milk
1 cup sugar
4 eggs
2 tsp. baking powder
2 tbsp. cheese

Beat egg yolk and white separately. Mix sugar, cheese, ½ cup milk, sifted flour and baking powder until smooth. Add the rest of the coconut milk; add egg yolks and mix thoroughly. Fold in the stiffly beaten whites. Pour in molds or pan lined with banana leaves and bake in hot oven.

BUKO PASTELLITOS 116

1/2 cup sugar
1 cup buko, sliced fine
1 tsp. vanilla
1 egg, slightly beaten
1 tbsp. cassava starch

Cook buko and sugar together. When thick, remove from fire and allow to cool. Mix beaten egg and starch and add to the first mixture. Continue cooking until it thickens. Add vanilla and set aside. Prepare the dough as follows:

1 cup sifted flour
4 tbsp. shortening
1 egg
1/4 tsp. salt
4 tbsp. cold water

Sift flour and salt. Add shortening and work with two knives. Add water by spoons and work with the fingers. Roll dough to a thin sheet and divide into halves. Spread filling thinly and evenly *on one half of the sheet and cover it with the other half. Press well and cut uniformly into ½ inch squares. Brush top with beaten egg and bake until brown.*

VANITY FAIR COCONUT CUSTARD PIE 117

1 pie crust
1/8 tsp. salt
3 eggs, slightly beaten
1/2 cup sugar
1 cup coconut
3 cups milk, scalded

Line pie plate with pastry. Fit loosely on plate. Fold edge back to form standing rim and flute with fingers. Combine eggs, salt and sugar. Add milk gradually, then coconut and mix thoroughly. Pour into pie shell. Bake in hot oven (400°F.) for 15 minutes, then decrease heat to moderate (350°F.) and bake 30 minutes longer. Cool.

COCONUT PUMPKIN CHIFFON PIE 118

1 envelope unflavored gelatin
1/4 cup cold water
1¼ cups mashed cooked pumpkin
3/4 cup evaporated milk
1/4 water
2 egg yolks, slightly beaten
3/4 cup brown sugar, firmly packed
1/3 cup cream, whipped and sweetened
1/2 tsp. salt
1/4 tsp. ginger
1/2 tsp. cinnamon
2 egg whites
1/2 tsp. vanilla
1 cup shredded coconut, toasted
1 baked pie shell

Soften gelatin in ¼ cup cold water. Combine pumpkin, milk, ½ cup water, egg yolks, ½ cup sugar and spices on top of double boiler. Cook over boiling water 10 minutes, stirring constantly. Add gelatine and stir until dissolved. Remove from boiling water. Chill until slightly thickened. Beat egg whites until foamy. Add remaining sugar gradually and continue beating until stiff. Fold in pumpkin mixture, vanilla and ¾ cup of the toasted coconut. Turn into cold pie shell. Chill until firm. Before serving, top with whipped cream and remaining toasted coconut.

COCONUT CAMOTE PIE 119

1 cup shredded coconut
1½ cups mashed camote
3/4 cup evaporated milk
1/2 tsp. cinnamon
1/2 tsp. all-spice
2 tbsp. melted butter
1/2 cup water
2 eggs, slightly beaten
3/4 cup sugar

Mix ingredients and pour into an unbaked pie shell. Bake in hot oven (400°F.) for 15 minutes then reduce the heat to 350°F. and bake until firm about 30 minutes longer.

COCONUT EGG PIE 120

2 cups milk
1/2 cup grated coconut
3 eggs
1 pie crust
1/4 tsp. salt
1½ tbsp. cornstarch
1/4 tsp. vanilla
6 tbsp. sugar

Scald the milk and thicken with cornstarch blended with the milk. Pour this over the eggs and sugar beaten together and flavored with vanilla. Pour into a crust-lined plate and bake in a moderate oven.

COCONUT CUSTARD PIE 121

4 eggs, slightly beaten
6 tbsp. sugar
Few gratings of nutmeg
1/4 tsp. salt
3 cups pure coconut milk
Plain paste

Add sugar, salt and milk to eggs. Line plate with paste and build up a fluted rim. Strain the mixture and sprinkle with few gratings of nutmeg. Bake.

CHOCOLATE COCONUT CRUST 122

2 squares unsweetened chocolate
2 tbsp. butter
1½ cups baker's coconut, toasted
2 tbsp. hot milk or water
2/3 cup confectioner's sugar

Melt chocolate and butter on top of double boiler stirring until blended. Combine milk and sugar. Add to chocolate mixture stirring well. Add coconut, mix well. Spread on bottom and sides of greased 9-inch pie pan. Chill till firm. Fill with ice cream, cream pie filling, etc.

COCONUT ORANGE CREAM TARTS 123

2 cups milk
3 tbsp. flour
1 tbsp. cornstarch
2 egg yolks, slightly beaten
1 tsp. vanilla
1/2 cup sugar
1/4 tsp. sugar
1/4 tsp. salt
3/4 cup shredded coconut, cut
1 tsp. orange rind

Scald the milk on top of double boiler. Combine flour, cornstarch, sugar and salt and mix thoroughly. Add to the scalded milk and cook until thick and smooth, then cook 15 minutes longer, stirring occasionally. Stir a small amount of mixture into beaten egg yolk, return to double boiler and cook a few minutes longer. Cool and add vanilla. Rub coconut with orange rind. Add to cream filling. Pour filling into orange tart shells.

COCONUT PIE NO. 1 124

2 eggs
1 tsp. salt
1 tsp. vanilla extract
1 plain pastry
3/4 cup sugar
2 cups milk
1 cup grated fresh coconut

Beat eggs; add sugar salt and scalded milk slowly. Add the coconut. Line pie plate with plain pastry; pour in the coconut mixture. Bake in moderate oven at 325°F. from 25 to 30 minutes. The pie is baked when the knife put in center comes out dry.

COCONUT PIE NO. 2 125

1 grated coconut
1 can condensed milk
4 egg yolks
1 tsp. butter
4 egg whites
2 tbsp. sugar
1 tsp. vanilla
1 pie shell

Add milk and slightly beaten egg yolks to the grated coconut. Allow to stand for some time. Add butter and vanilla. Pour into a buttered pie dish and bake until done. Top with merengue made from rest of the ingredients and bake delicately brown.

COCONUT CREAM PIE 126

1-1/3 cups whipped cream
2 egg whites
2 egg yolks
1 tsp. vanilla
1 tsp. gelatine
1/4 tsp. salt
1/4 cup coconut milk
1 cup moist coconut

Beat egg yolks very lightly and add sugar, salt and vanilla to the beaten yolks. Soak gelatine in ¼ cup coconut milk about 5 minutes, then dissolve over hot water, add to egg yolk mixture. Fold whipped cream, beaten egg whites and coconut into egg yolk mixture and turn into a baked pie crust or graham cracker shell and put in refrigerator to congeal.

BUKO PUDDING NO. 1 127

1 tbsp. butter
1 egg
3 tbsp. cassava flour
Meat of 2 buko, shredded
1/3 cup sugar
1/2 cup coconut milk
1 tsp. vanilla

Mix buko, milk, sugar and melted butter. Add well-beaten egg and flour. Pour into a greased baking dish, set in a pan of hot water and bake in a moderate oven.

BUKO PUDDING NO. 2 128

1/2 cup chopped buko
1½ tbsp. cornstarch
1/2 cup sugar
1 cup milk
1 egg
1 tsp. vanilla

Make a thin paste with cornstarch and milk. Put in a double boiler and boil 15 minutes. Remove from fire and add beaten egg. Add buko, sugar and vanilla. Put again on the fire and stir constantly until thick and creamy. Transfer to a mould and place in the refrigerator to chill. Serve cold.

COCONUT-FIGS INDIAN PUDDING 129

1/3 cup yellow corn meal
1/3 cup cold water
1 quart milk
1/2 tsp. salt
1/2 cup shredded moist coconut
1/2 tsp. cinnamon
1/2 tsp. ginger
1/2 cup molasses
1/3 cup figs, cut in fine strips

Combine corn meal and water. Scald the milk, add the moistened. corn meal, stirring to prevent lumps. Cook 20 minutes or until thickened. Add salt, cinnamon. ginger, molasses, figs and coconut. Pour into a greased casserole or baking dish. Bake in a moderate oven (325°F.) for 2 hours. Serve warm with cream. Makes 6 servings.

MAMMY'S FAVORITE PUDDING 130

1½ cups grated coconut
1 cup coconut milk
3 cups bread, toasted and cut into small cubes
1½ cups sugar
1½ cups water
1 small box raisins
1 tsp. nutmeg

Mix all the above ingredients. Pour in greased muffin pans. Bake in a moderate oven. Serve with sauce made as follows:

1 tsp. vanilla
1/4 tsp. salt
2 tbsp. cornstarch
1/2 cup coconut, grated
1 cup coconut milk
1 cup sugar
Pink food coloring

Mix all ingredients and cook in a double boiler about 10 minutes. Add coloring and continue cooking 5 minutes longer. Pour pudding just before serving.

COCONUT BREAD PUDDING 131

1/2 cup sugar
2 eggs, slightly beaten
1/2 cup coconut, shredded
1/4 tsp. salt
1/2 tsp. vanilla
2 cup scalded milk
2 tbsp. lard
1 cup stale bread

Combine sugar, salt and eggs. Add milk gradually, then coconut, lard and vanilla or nutmeg. Place bread in greased baking dish. Pour egg and milk mixture over it. Place in a pan of hot water and bake in 350°F oven for 45 to 50 minutes until done. Chill. Serve hot.

PARADISE TOPPING 132

1 tbsp. flour
1 tbsp. butter
4 tbsp. coconut syrup
1 cup orange juice
1/2 cup hot water

Mix the coconut syrup and hot water. Add orange juice. Melt the butter and flour together. combine with first mixture and bring to boiling point. Remove from the fire and cool. This sauce is particularly fine for puddings and ice cream toppings.

COCONUT PUDDING NO. 1 133

1 cup milk
1/4 tsp. salt
3 tbsp. cornstarch
1/4 cup sugar
3 tbsp. coconut
1 egg yolk
1 egg white
1/2 tsp. lemon extract
1/2 tsp. vanilla

Mix cornstarch and salt. Add the milk slowly, stirring all the time. Add the sugar. Cook in a double boiler, stirring occasionally. When thick, add the egg yolk vanilla and lemon extract and coconut. Beat for 1 minute and cook again for 3 minutes. Place in a buttered baking dish. Beat the egg white and when stiff, add the 2 tbsp. sugar. Pile lightly on top of the pudding and place in moderate oven for 10 minutes to brown merengue.

COCONUT PUDDING NO. 2 134

2 coconuts, grated
1/2 cup water of coconut
3 egg yolks
2 egg whites
2½ cups sugar
1 tsp. vanilla
1/4 cup water

Add the water from the coconut to the grated meat; then add the beaten egg yolks, 2 cups of sugar and vanilla. Bake 10 to 15 minutes. Boil one quarter of a cupful of water and the remaining half cupful of sugar together until it spins a thread. Then add the well beaten egg whites as stiff as merengue. Cover the top of the pudding with this. Place in the oven and brown.

COCONUT RICE PUDDING 135

3 tbsp. rice or pinipig
1/2 tsp. salt
1/2 tsp. nutmeg
4 cups milk
1/2 cup sugar
3/4 cup grated coconut

Scald the milk: add rice, coconut, sugar, salt and nutmeg. Cook in a double boiler for at least an hour and a half, stirring occasionally. Transfer to a buttered baking dish and cook uncovered in a slow oven.

TOASTED COCONUT CRESCENTS 136

Cut white bread in 1/2 inch slices, remove crusts and cut into crescent shaped pies. Brush well with sweetened condensed milk and roll in shredded coconut. Bake in moderate oven (350°F.) until the coconut is delicately toasted. Serve with fruit salad.

PAN DE COCO 137

1/2 cup coconut, shredded
2 eggs
1/2 cup of sugar
A pinch of salt

1/4 cup lard or oleomargarine
3 cups flour
1 tbsp. baking powder

Mix flour, baking powder, lard, egg and salt very well. Make the mixture fine. Shape it round, cake-like and make a hole at its center. Mix the shredded coconut with sugar and put on top of the cake. Cook in a moderately heated oven.

CINNAMON TOAST 138

Spread hot toast with coconut syrup. Dust with powdered cinnamon. Serve hot.

BUKO SCONE 139

1/2 cup buko
1 cup flour
1½ tsp. baking powder
2 tbsp. sugar

1/3 tbsp. shortening
1 egg
1/4 cup milk
1/4 tsp. salt

Sift dry ingredients three times and work in shortening. Beat egg and add to the milk. Add mixture to dry ingredients. Add buko. Mix well to form a soft dough. Roll to ½ inch thick on a floured board and cut with a biscuit cutter. Brush top with butter and sprinkle with sugar. Bake in hot oven until brown.

BUKO COOKIES 140

1/2 cup buko, shredded
1/2 cup sugar
1 cup flour
1 egg yolk

1/4 cup shortening
1 tbsp. milk
1 tsp. baking powder
1/4 tsp. salt

Cream shortening and sugar. Add egg yolk and buko, and mix well. Add milk, then flour sifted previously with the dry ingredients. Mix. Transfer to a flour board, and roll to 1/4 inch thick. Cut with a cookie cutter and brush with egg yolk and bake in a moderate oven until brown.

SUGAR COOKIES WITH COCONUT 141

2 cups flour
1½ tsp. baking powder

1 cup sugar
1 egg

1/2 tsp. salt
1/2 cup shortening
1 cup coconut
1 tsp. vanilla
1 tbsp. cream or milk

Mix and sift 1½ cups flour, baking powder and salt. Cream shortening until soft, beat in sugar, then egg, vanilla, cream and coconut. Stir in flour, then gradually add the remaining flour until dough is just stiff enough to roll. Chill thoroughly. Place on lightly floured board and roll 1/8 inch thick. Cut with the cookie cutter and place on ungreased baking sheet. Sprinkle with sugar and bake in moderately hot oven (375°F.) for about 10 minutes.

LACY COCONUT WAFFERS

142

3/4 cup all purpose flour
1/2 tsp. baking soda
1/2 tsp. salt
1/4 tsp. cinnamon
1/4 tsp. nutmeg
1 cup shredded coconut
1/2 cup salad oil
1/4 cup water
1 cup brown sugar, firmly packed
1/2 cup chopped nuts
1 tsp. vanilla
1½ cups uncooked rolled oats

Sift together the flour. baking soda, salt, cinnamon and nutmeg. Mix salad oil and water, then mix in sugar. vanilla, uncooked rolled oats and coconut. Chill 1 hour. Heat oven. Drop dough by teaspoons about 2 inches apart onto greased cookie sheet. Bake till crisp around edges.

MINCEMEAT-COCONUT COOKIES

143

1 (9 oz.) pkg. condensed mincemeat
1 (14½ oz.) can undiluted evaporated milk
1/4 cup butter
2 cups pkg. biscuit mix
1 cup brown sugar, firmly packed
1/2 tsp. salt
1 cup shredded coconut

Break up mincement in sauce pan; add milk. Simmer 10 minutes or until thickened. Stir in butter until it melts, then add the biscuit mix, brown sugar, salt and coconut. Drop by teaspoonfuls 2 inches apart onto greased cookie sheet, bake until brown.

COCONUT SPICE COOKIES

144

1/2 cup soft shortening
1¼ tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. nutmeg
1/4 tsp. all spice
2 tbsp. honey
1 pkg. white or silver cake mix
3/4 cup shredded coconut, snipped

Mix shortening, with cinnamon, ginger, nutmeg and all spice until creamy. Then using spoon, pastry blender or gingers, work in whitecake mix and coconut until firm, pastry-like dough is formed. Shape dough into small balls, using about 1 tsp. for each. Place on *ungreased cookie sheet, 3 inches apart. Then with fork or bottom of tumbler dipped in sugar, press each ball flat. Bake until done. Cool a few minutes before removing from cookie sheet.*

COCONUT THINSIES

145

2½ cups sifted cake flour
1/2 tsp. salt
2 tsp. baking powder
1/2 cup soft shortening
2 eggs
1 cup granulated sugar
1/2 tsp. vanilla extract
1½ cups shredded coconut

Sift together flour, salt and baking powder. Mix until creamy the shortening, sugar, egg and vanilla. Mix in flour mixture, then coconut. Chill 1 hour. Heat oven. Form dough into 1 inch balls, place on greased cookie sheet, 3 inches apart. Using bottom of glass, covered with damp cloth, flatten each ball. Bake until done.

COCONUT CREAM JUMBLES

146

2 cups flour
1/2 tsp. baking soda
1/2 tsp. salt
3/4 cup butter
1 cup sugar
2 egg yolks
3/4 cup sour heavy cream
1 tsp. grated orange rind
1 tbsp. lemon juice
1 cup shredded coconut

Mix and sift flour, baking soda, and salt. Cream shortening until soft; gradually beat in sugar, then egg yolks, stir in grated rinds and lemon juice. Add flour alternately with sour cream, beating well after each addition; stir in coconut. Drop from teaspoon on greased baking sheet and bake in moderately hot oven (375°F.) for about 10 minutes.

COCONUT DROP COOKIES

147

1/2 cup butter
1 cup sugar
1/2 tsp. vanilla
1 egg
2 cups flour
2 tsp. baking powder
1/2 tsp. salt
1 cup coconut

Mix and sift flour, baking powder and salt. Stir in coconut. Cream butter until soft, gradually beat in the sugar, then vanilla and egg; add flour alternately with milk, beating until smooth after each addition. Drop from teaspoon on greased baking sheet and bake in moderate oven (375°F.) for about 10 minutes.

CANTEEN COOKIE BARS

148

1/2 cup butter
1/2 tsp. salt
1½ cups brown sugar, firmly packed
1 cup sifted flour
1/2 tsp. baking powder
1 tsp. vanilla
2 eggs, unbeaten
2 tbsp. flour
1½ cups shredded coconut
1 cup nuts, coarsely cut

Combine butter and salt. Add 1/2 cup brown sugar and cream well. Add 1 cup flour and blend. Spread in greased pan. Bake in slow oven (375°F.) for 20 minutes. Add remaining 1 c. brown sugar and vanilla to eggs, beating until thick and foamy. Then add 2 tbsp. flour, baking powder. coconut and nuts and blend. Spread over baked mixture. Return to oven and bake 25 minutes. Cool and cut in small bars. Makes 3 dozens.

COCONUT ORANGE SLICES

149

3 tsp. baking powder
1/3 tsp. salt
3 cups flour
1 cup granulated sugar
2 eggs
1 cup butter
1/4 cup brown sugar, firmly packed
3 cups shredded coconut
1½ tsp. orange rind
3/4 tsp. lemon extract

Mix and sift flour, baking powder and salt. Add coconut. Cream butter until soft; gradually add granulated and brown sugar, orange rind and lemon extract. Add the eggs one at a time. Stir in flour and coconut. Shape in rolls about 2 inches in diameter and wrap each in waxed paper; chill thoroughly in refrigerator. Cut roll into ⅛ inch slices place on ungreased sheet and bake at 400°F.

COCONUT COOKIES NO. 1

150

1/4 cup lard
1/2 cup sugar
1/2 tsp. salt
2 tsp. baking powder
1 egg
1 tsp. calamansi juice
1 cup grated fresh coconut
1½ cups flour

Cream shortening. Add sugar, beaten egg and calamansi juice. Sift flour salt and baking powder together and add to the creamed mixture. Add coconut. The batter should be quite stiff. Drop by spoonfuls on a greased cookie sheet. Bake in moderate oven.

COCONUT COOKIES NO. 2

151

1/2 cup shortening
3/4 cup sugar
1 egg
1/4 cup milk
1 tsp. vanilla
1 cup wheat flour
1 cup coconut flour
3 tsp. baking powder
1/2 tsp. salt

Cream the shortening. Add the sugar gradually. Add the egg, beating vigorously. Mix in the vanilla. Sift and combine all the dry ingredients. Alternately with milk, add these dry ingredients to the creamed mixture. Mix well. Press through a cookie moulder on a greased cookie sheet. Bake in a moderate oven (375°F.) for about 10 to 15 minutes. Makes about 4 dozens.

COCONUT-ORANGE ROLLED COOKIES 152

1 cup shortening
3½ cups flour
1 tsp. baking powder
1/2 tsp. salt
1½ cups sugar
2 eggs, well-beaten
2 tsp. grated orange rind
2 cups shredded coconut

Sift flour, measure, add baking powder and salt. Cream butter, add sugar gradually and continue to beat until light. Add well-beaten eggs, and blend thoroughly. Add coconut and grated orange rind. Combine dry ingredients, add the creamed mixture, mill all thoroughly and chill. Roll as thin as possible on a lightly floured board and cut with a cookie cutter. Or form small balls of the dough and place on a greased baking sheet, flatten with bottom of glass tumbler, first greased and then dipped in sugar or with palm of hand, floured or with the tins of a silver fork, pressing the balls down twice with the marking at right angles. Sprinkle with sugar, chopped nuts or coconut. Bake in hot oven 400°F. for 6 to 10 minutes. Makes about 6 dozens thin cookies.

DELICIOUS COCO COOKIES 153

1/4 cup shortening
1½ cups sugar
1 egg
1 cup dried coconut
2 cups sifted flour
2 tsp. baking powder
1 tsp. salt

Beat the shortening sugar and egg together till fluffy. Add the flour, baking powder and salt. Lastly beat in the coconut (this is previously soaked in 1 c. boiling water and cooled.) Drop on buttered pan and bake at 350°F Makes 60 2-inch cookies.

ROYAL COCONUT COOKIES 154

1¼ cups sifted flour
1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1/2 cup granulated sugar
1/2 cup firmly packed brown sugar
1/2 cup butter (soft)
1 egg
1/2 tsp. vanilla
1 cup rolled oats
1 cup coconut, shredded

Sift together, baking powder, baking soda and salt into bowl. Add sugar, butter, egg and flavoring. Beat until smooth about 2 minutes. Fold in rolled oats and coconut. Shape dough into small balls; place on greased baking sheet. Bake in moderate oven (350°F.) for 12 to 15 minutes. Makes 3 dozens cookies.

PURE COCONUT COOKIES 155

1 cup grated coconut
1/2 cup shortening
1 egg slightly beaten
1/2 cup sugar
1 cup flour (cassava)
1/3 tbsp. baking powder
1 tsp. vanilla

Cream shortening and sugar. Add egg, coconut and mix well. Add flour sifted with baking powder; beat well. Add vanilla and mix. Drop by teaspoonfuls on greased cookie sheets. Bake in moderate oven until brown.

GOLDEN WAFFLES 156

1/2 cup coconut meat
2 eggs
1/2 cup melted shortening
2 cups pancake mix
2 cups milk

Place all ingredients in a bowl without sifting. Beat it with rotary egg beater until smooth. Bake on hot waffle iron until steaming stops. Serves 5.

COCONUT WAFERS 157

1/4 cup grated coconut, toasted
1/8 cup coconut milk
1½ cups cassava flour
1/8 cup shortening
1/8 cup sugar
1/2 tsp. vanilla

Cream shortening and sugar. Add flour gradually. alternating with coconut milk. Add vanilla and mix. Line greased baking pan with paper and spread on it a thin layer of the mixture. Sprinkle over it toasted coconut and bake in moderate oven until brown.

COCONUT ICE BOX COOKIES 158

2/3 cup oleomargarine or lard
1½ cups sugar
3 eggs
1 tsp. vanilla
1 tsp. lemon extract
1/4 tsp. salt
1 tbsp. cream or milk
1 coconut, grated
1 tsp. cream of tartar
4 cups flour

Cream oleomargarine and sugar and then add eggs. Add rest of the ingredients and pack into greased loaf pan. Chill 24 hours longer. Unmold, using very sharp knife and cut off thin slices.

COCONUT BROWNIES 159

3 squares unsweetened chocolate
1/3 cup butter
2/3 cup sifted all-purpose flour
1/2 cup ready-to-eat bran
1/2 cup broken walnut meat
2 eggs
1 cup sugar
1 tsp. vanilla
1/2 cup shredded coconut

Melt chocolate and butter over hot water. Beat eggs well with rotary egg beater; gradually add sugar and continue beating until pale-colored and thick. Stir in chocolate mixture, then flour, bran, walnut meat and vanilla. Bake in moderate oven (375°F.) for 30 minutes. Makes 16 2-inch squares.

CHOCOLATE SUGAR COCO COOKIES 160

2 cups flour
1½ tsp. baking powder
1/2 tsp. salt
1/2 cup butter
1/4 cup Hershey cocoa

1¼ cups sugar
1 egg
1 tsp. vanilla
1 tbsp. cream or milk
1½ cups coconut

Mix and sift 1½ c. flour. cocoa, baking powder and salt. Cream the butter and coconut, then gradually add the remaining flour. Place on ungreased baking sheet. Sprinkle with sugar and bake in moderately hot oven (375°F.) for about 10 minutes.

GOLDEN PUFFS 161

2 cups flour
1/4 cup sugar
3 tsp. baking powder
3/4 cup milk

1 tsp. salt
1/4 cup coconut oil
1 tsp. nutmeg
1 egg

Sift dry ingredients. Then add the coconut oil, egg and milk. Stir with a fork until thoroughly mixed. Drop by teaspoonfuls (too large puffs will not cook through) into deep hot lard or fat. Fry until golden brown about 3 minutes. Drain on absorbent paper. Roll puffs in cinnamon sugar or puffs, by dipping into a thin confectioner's sugar icing. Makes about 2½ dozens.

SPEEDY COCO MUFFINS 162

1 cup sifted flour
1/4 cup sugar
1 tsp. baking powder
1/2 tsp. baking soda
3 tbsp. butter

3/4 tsp. salt
1 cup shredded coconut
1 egg, unbeaten
1 cup butter milk or sour milk

Sift flour, sugar, baking powder, baking soda and salt. Cut in butter until mixture is like meal. Combine egg and milk. Turn liquids into dry ingredients and stir vigorously until all flour is dampened. Add coconut and stir again. Bake in greased muffin pans in hot oven 425°F. for about 25 to 30 minutes.

COCONUT BUNS 163

1½ cups flour
2 tsp. cream of tartar
1 cup sugar
3/4 cup butter

1 tsp. baking soda
1 cup dessicated coconut
1 egg
1/2 cup milk

Sift flour, cream of tartar and baking soda. Beat the egg, cream the butter and sugar and add liquid, coconut and flour mixture by degrees to make a rather stiff mixture. Place this in rough heaps on a greased tray and bake in a hot oven (400°F.) for about 20 minutes.

COCONUT CREAM CRACKER

164

1/2 cup grated coconut
1 cup flour
Salt to taste
2 tbsp. butter
1 tbsp. baking powder
3 cups sugar

Sift flour, salt and baking powder. Add coconut and mix well. Work in the butter until mixture appears grainy. Add cold water little by little until it makes a soft dough. Roll thinly on floured board and cut with cookie cutter. Prick with fork and bake until brown. Serve with coconut cream and sugar.

BUKO SURPRISE NO. 2

165

8 strips gulaman (agar-agar)
1 tsp. vanilla
Meat of buko cut in squares
1 cup refined sugar
1 cup water

Wash gulaman, boil in 1 cup water until it dissolves. Add sugar and let boil. After 2 minutes of boiling, strain through a piece of cheese cloth. Color, if desired, with a small amount of certified food coloring. Add well drained young coconut (buko). Add vanilla. Mix well, pour into moulds and set aside to cool. Stir twice at about 5 minutes interval, to distribute meat evenly. Allow to cool. Remove from mould and serve cold. Enough to serve 12 persons.

BUKO DESSERT

166

3 cups buko, cut in squares
1 cup ube, cut in cubes
1 cup gabi, cut in cubes
1 cup saba, cut in cubes
1 cup nanka, cut in squares
1/2 cup tapioca pearls
1/2 tsp. toasted anis seeds
2 cups thick coconut milk
10 cups, thin coconut milk

Boil tapioca, ube and gabi in thin coconut milk, stirring constantly. When half done, add saba and nanka. When all ingredients are tender, add sugar and buko. Boil 2 minutes and add anis before removing from fire. Serve with thick coconut milk.

BUKO-CONDOL PARADISE

167

1 cup buko, grated
1 cup condol, chopped finely
1/4 tsp. vanilla or grated lemon peel, chopped fine
1 tbsp. cornstarch or flour
1 cup coconut milk
1 cup evaporated milk
1 egg yolk
1½ cups sugar

Mix buko, condol, sugar, coconut and evaporated milk. Cook in a copper vat. Stir constantly while cooking to prevent burning. When half done, remove from fire. Beat egg yolk slightly; add to the buko mixture and stir well. Add flour from sifter, then vanilla or lemon rind. Cook mixture to soft ball stage. Remove from fire. Drop in paper candy cups, or greased cooking pan and bake until light brown.

FIESTA BUKO CUPS 168

2 cups buko, cut in pieces
1/2 cup bread crumbs
1/4 tsp. cinnamon or vanilla
2 tbsp. raisins
2 eggs
1 cup milk
1 cup sugar

Beat eggs; add sugar, milk, bread crumbs, buko, raisins and flavoring. Mix thoroughly. Pour in muffin pans previously lined with caramel syrup. Bake in moderate oven placing muffin pans in pan half-filled with boiling water.

BUKO CUSTARD 169

1 cup buko, sliced in pieces
1 cup coconut milk
1 cup evaporated milk
1/3 cup water
4 egg yolks
2 egg whites
1 tbsp. lemon rind
1 cup sugar, granulated
1 cup brown sugar

Beat egg yolks and egg whites together; add sugar, lemon rind, coconut milk and evaporated milk: add buko. Set aside. Caramelize brown sugar with water to make thick syrup. Line mould with caramelized syrup and when cool fill mould 2/3 full with custard buko mixture. Cook in a moderate oven or in boiling water, covering mould with a sheet of tin on which is placed live charcoal.

BUKO DELIGHT 170

1/2 cup buko, cut in small pieces
1/4 cup green corn, chopped fine
3 drops vanilla extract
1/2 cup sugar
1/2 cup water

Boil corn with water until tender. Add sugar and buko. Continue boiling until it reaches the consistency of a jam. Add vanilla just before removing from fire and pour mixture in a mould. Cool before serving.

BUKO TOFFEE NO. 1 171

1 cup coconut milk
1/4 cup sugar
2 tbsp. buko, chopped
1 tbsp. glucose

Mix all ingredients except chopped buko. Cook on a low fire until it forms a solid mass. Add chopped buko and continue cooking a few minutes longer. Transfer to a buttered board and allow to cool partially. Forms to small balls and wrap in oiled paper.

BUKO TOFFEE NO. 2 172

1 cup buko, chopped finely
1 cup coconut
1 cup evaporated milk
4 tbsp. glucose
1½ cups sugar
1 tsp. grated lime rind

Mix milk, coconut milk, sugar and glucose. Cook until thick. Add lime rind and buko and continue cooking until it reaches the softball stage. Place on a greased board, roll to a sheet of about ½ inch thick. Cook and slice in cubes. Roll in sugar and wrap in wax paper.

BUKO-LIÑGA TOFFEE

173

1 cup coconut milk
1/4 cup sugar
3 tbsp. liñga
2 tbsp. buko, chopped
1 tbsp. glucose

Mix all the ingredients except chopped buko and liñga. Cook on a slow fire until it forms a solid mass. Add chopped buko and liñga. Continue cooking a few minutes longer. Transfer to a buttered board and allow to cool partially. Form to small balls and wrap in oiled paper.

MASAPAN DE BUKO NO. 1

174

1 cup ground buko
3/4 cup sugar
1 tbsp. wheat or cassava flour

Mix buko and sugar and cook until thick. Add the flour made to a thin paste by cooking it with small amount of water. Continue cooking until thick enough to be shaped into desired forms. Bake in a greased baking tin until brown.

MASAPAN DE BUKO NO. 2

175

2 cups ground buko
2 cups milk
1/2 cup sugar
1 egg

Mix buko, milk, sugar and egg and cook until thick. Add flour made by cooking to a thin paste with a small amount of water and continue cooking until the mixture thickens. Form into balls. Bake in a greased baking tin until brown. Brush with butter when done.

MASAPAN DE BUKO NO. 3

176

2 cups buko, finely chopped
3 cups sugar
1 tbsp. cornstarch
2 tbsp. butter
1 large can evaporated milk
4 eggs
1 tsp. finely chopped lime (dayap) rind or ½ tsp. vanilla

Mix buko, sugar and milk. Cook in a copper vat over a moderate fire. When thick, remove from fire to cool. Beat egg yolks, cornstarch and lime rind or vanilla together. Add to buko-sugar mixture and cook again to a thick consistency to form soft balls. Add butter just before removing from fire. Mix well. Place in paper candy cups and brush top with egg whites beaten with a small amount of evaporated milk. Bake in moderate oven until light brown.

BUKO COCOA CANDY 177

1 cup buko, finely chopped
3/4 cup coconut milk
2/3 cup sugar
1 tbsp. cocoa

Mix all ingredients and cook until very thick. stirring constantly while cooking to prevent burning. Transfer while hot on greased board and roll to about ¼ inch thick. Cool and cut to desired pieces.

PRESERVED BUKO 178

1 cup buko, grated in long strips
1¾ cups sugar
3/4 cup water
1/2 tsp. flavoring

Cook the sugar and water in a copper vat. Stir until the sugar is dissolved. When the syrup boils and thickens, add the buko and flavoring. Let it boil again until it reaches a thick consistency. Put in a sterilized jar and seal hermetically.

PAÑGANAN 179

Made of toasted ground rice moistened with syrup made from brown sugar. The dough is formed into various shapes and then deep-fried in coconut oil. When done, it is crisp and will stay for weeks.

COCONUT KISSES 180

6 egg whites
1/4 tsp. salt
1/4 tsp. cream of tartar
1½ cups sugar
1 tsp. vanilla
1½ cups shredded coconut

Beat the egg whites until frothy. sprinkle salt and cream of tartar over them. Continue beating until stiff but not dry. Gradually beat in the sugar, adding vanilla with the last of the sugar. Fold in coconut. Shape in spoon or pastry bag in mounds in a baking sheet covered with unglazed paper. Bake in a slow oven (275°F.) for about 40 minutes or until very delicately browned and dry on the surface. Remove from the paper while warm. If difficult to remove, dip a spatula in water.

HONEY COCONUT FILLING 181

1/2 cup granulated sugar
1/3 cup honey
1/2 cup water
1/4 tsp. salt
3 cups shredded coconut
1/2 tsp. vanilla
1 tbsp. butter

Combine sugar, honey. water, salt and coconut. Cook about 10 minutes or until coconut absorbs most of the syrup. Mix vanilla and butter Cool. Use in rich filled cookies.

COCONUT BAVARIA CREAM 182

1 pkg. lemon Jell-O
1 cup boiling water
1 cup cream, whipped
1½ coconut, grated

Dissolve Jell-O in boiling water, when cool and slightly thickened. whip with rotary egg beater until consistency of whipped cream. Fold in cream and coconut. Pour into mould. Chill until firm. Unmold. Serve with sauce.

CHOCOLATE SAUCE FOR BAVARIA CREAM 183

1 cup boiling water
1 tbsp. butter
4 tbsp. sugar
1 square chocolate, unsweetened
1 tbsp. flour
1 tsp. vanilla
Salt

Mix sugar, flour and salt in upper part of double boiler. Add boiling water gradually, stirring constantly. Cook 3 or 4 minutes or until slightly thickened. Add chocolate and butter, stir until chocolate is melted and mixture is blended. Cook and add vanilla.

PASTILLAS DE COCO 184

2 cups shredded young coconut
3/4 cup evaporated milk
1 tsp. lemon extract
4 cups granulated sugar

Mix the sugar and milk in a copper vat. Bring to a boil, stirring constantly. Add the coconut and lemon extract. Continue stirring until a hard ball can be formed. Turn at once into floured board and roll to about ½ inch thick. When partially cold, cut to desired sizes.

COCONUT JAM 185

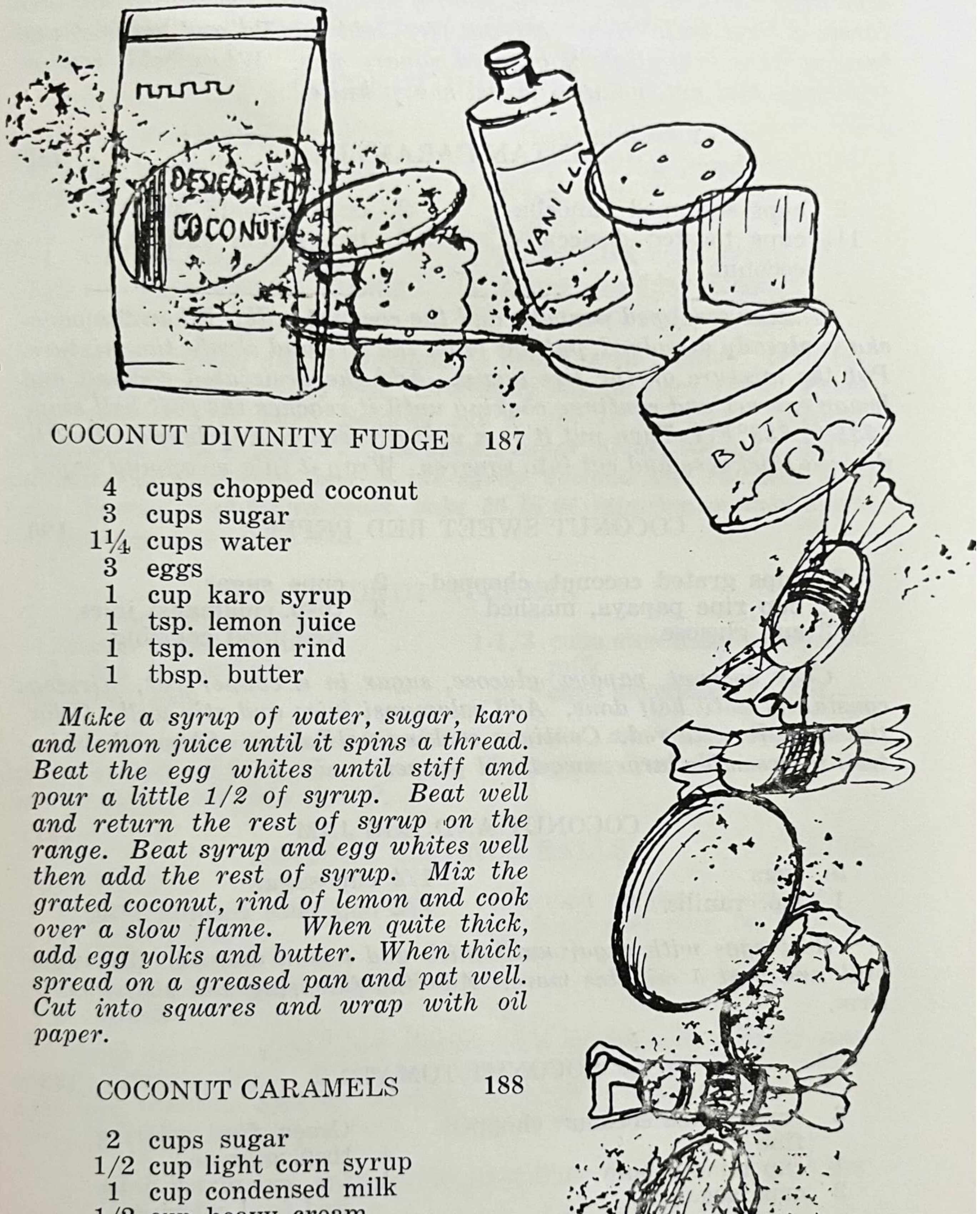
1 cup water
1 coconut, grated fine
1/2 kilo sugar

Boil the sugar and water until the sugar is dissolved. Add the coconut and stir until it can form into balls.

COCONUT CREAM TAPIOCA 186

3 quarts scalded milk
3 tbsp. quick cooking tapioca
1 cup sugar
3/4 cup shredded coconut
3 egg yolks, slightly beaten
1/4 tsp. salt
3 egg whites, beaten stiff

Add salt and tapioca to scalded milk and cook until clear, stirring constantly. Mix ¾ cup sugar, ¼ cup coconut and egg yolks, combine with tapioca mixture, stirring vigorously. Cook until slightly thickened. Pour into a buttered baking dish. Fold remaining sugar into egg whites and pile lightly on top of tapioca mixture. Cover with remaining coconut. Bake in a slow oven 300°F. until golden brown.



COCONUT DIVINITY FUDGE 187

- 4 cups chopped coconut
- 3 cups sugar
- 1¼ cups water
- 3 eggs
- 1 cup karo syrup
- 1 tsp. lemon juice
- 1 tsp. lemon rind
- 1 tbsp. butter

Make a syrup of water, sugar, karo and lemon juice until it spins a thread. Beat the egg whites until stiff and pour a little 1/2 of syrup. Beat well and return the rest of syrup on the range. Beat syrup and egg whites well then add the rest of syrup. Mix the grated coconut, rind of lemon and cook over a slow flame. When quite thick, add egg yolks and butter. When thick, spread on a greased pan and pat well. Cut into squares and wrap with oil paper.

COCONUT CARAMELS 188

- 2 cups sugar
- 1/2 cup light corn syrup
- 1 cup condensed milk
- 1/2 cup heavy cream
- 1 cup milk
- 1/4 cup butter
- 2 tsp. vanilla
- 3/4 cup toasted, shredded coconut

Mixed together all ingredients except vanilla and coconut and cook over low heat stirring constantly until small amount of mixture forms a firm ball. Remove from fire, add vanilla and coconut and turn at once into slightly greased square pan. When cold, remove from pan and cut, using a large, sharp knife.

SANTAN CARAMELS 189

2 cups scrapped panocha
1½ cups toasted desiccated coconut
2 cups coconut milk
2 tsp. lemon extract

Mix the scrapped panocha and the coconut milk. When the panocha is already dissolved, put out from the fire and strain the mixture. Put the mixture on the fire again. Add the desiccated coconut and lemon extract and continue cooking until it reaches the soft-ball stage (234 to 238°F.) Then put it in a well greased rolling board. Roll to desired thickness and cut into squares. Wrap it in a wrapping paper.

COCONUT SWEET RED PEPPER 190

3 cups grated coconut, chopped
1 cup ripe papaya, mashed
1/3 cup glucose
2 cups sugar
3 tbsp. calamansi juice
Red food coloring

Cook coconut, papaya glucose, sugar in a copper vat, stirring constantly until half done. Add calamansi juice and stir well. Color the mixture with red. Continue cooking until done. Shape the mixture to resemble large, sweet red pepper.

COCONUT AND EGG JAM 191

5 eggs
1 tsp. vanilla
1/4 cup sugar
1/2 cup pure coconut milk

Beat eggs with sugar until thick and lemon colored. Mix cold milk and beat 5 minutes more. Add the flavoring and steam until firm.

COCONUT TOMATO 192

3 cups grated coconut, chopped fine
1 cup tomato pulp
2 cups sugar
Green food coloring
4 tbsp. glucose
4 tsp. calamansi juice
Red food coloring

Cook coconut, tomato, sugar and glucose in a copper vat, stirring constantly until half done. Add calamansi juice and stir well. Separate 1 cup of coconut mixture, and color green. Color the remainder with red. Continue cooking both separately until done. Shape the *red mixture to forms resembling tomato. Shape the green mixture to forms resembling sepals and attach to stem end of each tomato-shaped coconut with a piece of toothpick dyed green.*

COCONUT DREAMS 193

1/3 cup shortening
1/3 cup confectioner's sugar
1/2 tsp. vanilla
1 egg yolk
1 cup all-purpose flour
1/2 cup brown sugar, firmly packed
1 tbsp. special flour
1/2 tsp. baking powder
1/4 tsp. salt
2 eggs
1/2 cup dark corn syrup
1/2 cup shredded coconut
1 cup chopped walnuts

Mix shortening and confectioner's sugar until creamy. Add vanilla and egg yolk, mixing well. Gradually mix in 1 cup flour. Press dough into 9" x 2" pan. Bake at 425°F. for 10 minutes. Remove, reduce oven heat to 350°F. Mix brown sugar, flour, baking powder, and salt. Beat in eggs, mix in the syrup. coconut and chopped walnuts. Spread over baked crust, bake 20 to 25 minutes or until done Cut into squares when cold.

COCONUT NUGGETS 194

1/2 cup peanut butter
1 tsp. lemon juice
1/4 tsp. salt
1-1/3 cups sweetened condensed milk
3 cups shredded coconut

Mix together peanut butter, lemon juice, and salt. Gradually stir in condensed milk. then coconut. Drop from teaspoon on greased baking sheet and bake 375°F.

HOLIDAY COCONUT BALLS 195

4 cups coconut, chopped finely
2 cups sugar
8 tbsp. glucose
8 tbsp. calamansi, chopped finely
(Chopped nanka, pineapple and lime peel may be substituted)

Cook coconut, sugar and glucose in a copper vat, stirring constantly while cooking. When half done, add calamansi or its substitute and continue cooking until it reaches a temperature of 90°C. Cool and form into small balls. Wrap in wax paper.

RAINBOW BUKAYO 196

6 cups grated coconut
3 cups ripe papaya, mashed
2 cups sugar
Food coloring: red, green and light orange
8 tbsp. calamansi juice
2 tbsp. glucose
2 tsp. vanilla

Cook coconut, sugar, papaya and glucose in a copper vat until half done. Add calamansi juice and cook until mixture is done. Divide the mixture into 3 equal parts, coloring each part with a different food coloring. Continue cooking each mixture to soft ball stage. Add vanilla just before removing from fire. Place on a greased board and roll to about ½ inch thick. Place each colored mixture on top of each other. Press with a rolling pin and smoothen the surface. Set aside to cool. Cut into bars, roll in sugar and wrap in wax paper.

SQUASH JAM 197

1 big squash
1 kilo sugar
3 cups coconut milk

Peel the squash. Remove the seed and cook with water. Wash the squash and mix with the coconut milk and sugar and then cook the mixture until it thickens.

COCONUT HONEY FUDGE 198

2 cups sugar, granulated
1/2 cup coconut syrup
1 cup evaporated milk

Mix all together and boil to 238°C. while stirring constantly. Set aside on a pan of cold water to cool; beat and pour into greased pan. Cut in squares when cold.

SULTAN SUZETTE 199

1 tsp. butter
1 tbsp. coconut syrup
2 whole eggs, whipped till lemon colored

Add butter and syrup to eggs in oven glass plate. Melt together at low temperature. Pour over well-beaten eggs. Cover one minute. Uncover. Turn mixture over lightly. Replace cover. Serve as is.

APPLE SURPRISE 200

One-half pound dried apples soaked for three hours in one cup water. Place in refrigerator if possible. (This makes the fruit crisp.) Add 4 tbsp. coconut syrup and bake for 30 minutes in a covered dish at 350°F.

COCONUT-NUT BARS 201

1/4 cup shortening
1/2 cup brown sugar, firmly packed
1 cup flour, sifted

Cream the shortening, add brown sugar gradually and beat until light. Add sifted flour and mix until crumbly. Place in greased pan. Bake in moderate oven (350°F.) for about 15 minutes. While baking this, prepare:

2 tbsp. flour
1/2 tsp. baking powder
1/4 tsp. salt
2 eggs, well-beaten
1 cup brown sugar
1 tsp. vanilla
1 cup coconut
1 cup chopped walnut

Sift flour, measure, and baking powder and salt. Beat eggs until light and add brown sugar gradually. Add vanilla. Combine with dry ingredients and mix well; add coconut and chopped walnuts. Pour over first—baked mixture. Bake in a moderate oven (350°F.) for about 30 minutes. Cut in bars while hot.

COCONUT STRAWBERRIES 202

4 cups grated coconut, chopped fine
1 cup ripe papaya pulp, mashed
1 cup fresh strawberry mashed
3 cups sugar
6 tbsp. glucose
1 tsp. toasted anis seed
Food coloring, red and green

Cook coconut, papaya, strawberry, sugar and glucose in a copper vat, stirring constantly while cooking, until thick. Separate 1c. of the mixture and add green food coloring. Color the rest with red. Continue cooking to soft ball stage. Transfer to a greased board. Shape into strawberries. Make small leaves out of the green mass and place on each stem end. Insert a piece of green colored toothpick on the stem end to resemble fresh strawberry. Do with few anis seeds.

COCONUT CANDY 203

1 cup freshly grated coconut
1/2 cup milk
1 cup sugar
1/3 cup molasses

Moisten coconut with part of the milk. Put the rest of the milk and molasses in a pan and allow the mixture to come to a boil. Add sugar and when nearly done, add coconut. Cook until a little of the mixture hardens when dropped into cold water. Pour into buttered pans. Let dry. Wrap in paper.

MAGIC COCONUT EGGS 204

4 cups grated coconut, finely chopped
2½ cups sugar
2 egg whites
4 tbsp. glucose
1 tbsp. calamansi juice
1/2 tsp. vanilla
1/2 cup powdered sea island sugar

Mix coconut, sugar, and glucose. Cook in a copper vat and stir constantly. When half done, add calamansi juice and continue cooking until soft balls may be formed. Add vanilla just before removing from the fire. Add egg whites previously beaten stiff with sea island sugar. Place on a greased board and set aside. Prepare:

4 cups coconut, grated and finely chopped
4 cups papaya pulp, strained
2 tbsp. calamansi juice
6 tbsp. glucose

Mix coconut papaya pulp and glucose. Cook in a copper vat and stir well. When half done, add calamansi juice and continue cooking until it reaches a consistency that any desired shape may be formed. Put on a greased board and allow to cool. Form to small round balls, the size of an egg yoke. Cover uniformly with the first mixture and form to resemble eggs. Smoothen the outside by rolling on marble, or smooth board.

IMPROVED BUKAYO

205

3 cups grated coconut, chopped finely
1½ cups sugar
6 tbsp. glucose
8 tbsp. calamansi, chopped finely

Mix coconut, sugar and glucose. Cook in a copper vat, stirring constantly to avoid burning. When half done, add calamansi and continue cooking until it reaches a temperature of 95°C. or when it no longer sticks to the fingers when touched. Place on a greased board. Form to a mass 12 cm. long and 4 cm. thick. Set aside to cool. Cut with a very sharp knife crosswise to produce bars of about 12 cm. long, 4 cm. wide and 1-1/2 cm. thick. Wrap each bar in a piece of wax paper and keep in well covered boxes.

COCO BRITTLE

206

2 cups toasted coconut
1 cup sugar
1/2 tsp. salt

Grate the coconut. Toast it until golden brown. Caramelize the sugar and salt in a sauce pan. Stir once in a while to prevent burning. When malted and syrup-like, add the toasted coconut and mix well until the mixture does not stick to the sides of the pan. Pour on well greased board and roll with a well greased rolling pin until very thin Cut to desired pieces.

COCONUT HONEY

207

1 cup pure coconut milk
1 cup glucose
2/3 cup brown sugar

Mix coconut milk, sugar and glucose. Cook in a copper vat over a slow fire. Stir constantly while cooking until it reaches a temperature of 105°C. or when it falls in a mass when dropped from a spoon. Fill in sterilized jar or can while boiling hot and seal hermetically.

MASAPAN DE COCO CON PIÑA

208

1 cup grated young coconut
1/4 cup finely chopped pineapple
1 tsp. flour
2 egg yolks
3/4 cup sugar

Mix the coconut, sugar, pineapple and milk. Boil stirring constantly. When thick, add 1 tsp. flour and the yolks. Continue stirring until thick enough to mold. Grease the pan and shape mixture into balls. Bake until brown.

COCONUT MACARONI

209

5 young coconuts, grated
1/4 cup grated cheese
1/4 lb. lard
8 fresh tomatoes
1/4 cup water or broth
Salt and pepper

Soak grated coconut in cold water to prevent it from coloring. Heat the lard in the pan. Add the grated coconuts. Add the rest of the ingredients except the cheese. Let boil for about 10 minutes in an aluminum pan to avoid discoloration. Place in a appropriate dish, alternating the coconut with the cheese. Have the cheese on top. Serve hot.

COCONUT MACAROONS NO. 1

210

1/2 cup sweetened condensed milk
2 cups grated fresh coconut
1 tsp. vanilla or lemon extract

Combine all the ingredients. Drop by spoonfuls on a oiled cookie sheet about 1" apart. Bake at 350°F. for 10 minutes or until delicately browned. Yields 2 dozens.

COCONUT MACAROONS NO. 2

211

6 egg whites
2 cups sugar
6 cups coconut, dried and chopped
4 tsp. vanilla

Add sugar to eggs. Beat until thick. Add coconut and vanilla. Drop from end of spoon and bake.

COCONUT FUDGE

212

1/2 cup coconut
2 tbsp. butter
2 chocolate squares
2½ cups sugar
2/3 cup milk
1 tsp. vanilla

Boil together milk and chocolate in slow fire until the chocolate is dissolved. Add sugar and cook until mixture from a soft ball in cold water. Remove from fire and add butter and vanilla. Beat until stiff. Then add coconut and turn into a butter pan. Cool and cut to small squares.

LECHE PLAN DE COCO

213

1 cup pure coconut milk
2 egg yolks
1 tbsp. caramelized sugar
2 tbsp. sugar

Beat egg yolks slightly. Add the coconut milk and the sugar. Caramelize the sugar in the baking pan. Then add the previous mixture and bake in a slow oven.

GULAMAN CHARLOTTE

214

1 cup gulaman, boiled in
1 cup of water
1 cup sugar
1 cup hot milk
1 cup rich coconut milk
1/2 cup water

Caramelize the sugar. Add the water to make a caramel syrup. Scald the milk. Add the coconut milk, dissolved gulaman and caramel syrup. Pour into wet mold and allow to set. Unmold in a serving dish and sprinkle shredded coconut around this charlotte.

GUINATAAN

215

2 tbsp. tapioca
1 cup diced sweet potatoes
3 sliced saba bananas
1½ cups sugar
1¾ cups ube or gabi, diced
1 cup pure coconut milk
1 cup ripe jackfruit (nanka)
2 coconuts reduced to 4 cups diluted coconut

Prepare 1 cup of pure coconut milk and set aside. Prepare the diluted coconut milk. Shred the soft part of the nanka. Put diluted coconut milk in the pot with ube or gabi. Boil 5 minutes, add the sweet potatoes, bananas and nanka when these are cooked. Stir in the sugar and pure coconut milk and serve.

COCONUT-PINEAPPLE JAM

216

2 cups coconut, grated
1 cup water
2 tsp. calamansi
1 cup pineapple
4 cups sugar

Boil the sugar and water until the sugar is dissolved. Add the coconut, calamansi juice and pineapple and stir until it can be formed into balls.

COCONUT-UBE JAM

217

2 cups coconut, grated
1 cup water
1 tsp. flavoring
1 cup ube, boiled and mashed
4 cups sugar

Boil the sugar and water until the sugar is dissolved. Add the coconut, flavoring and mashed ube and stir until it can be formed into balls.

COCONUT-NANKA JAM

218

2 cups coconut, grated
1 cup water
1 cup nanka, chopped
4 cups sugar

Boil the sugar and water until the sugar is dissolved. Add the coconut and nanka and stir until it can be formed into balls.

MAKAPUNO PRESERVE 219

1 makapuno
1 cup water
1 cup sugar

Take out the meat of the nut and mold it into small pieces like the shape of a marble. When the meat is all molded, drop it into 1 cup of boiling water. Let it stand a minute or two then strain off the water. Boil sugar with a cup of fresh water to make syrup. Put in the molded coconut meat. Boil slowly for 6 minutes. Remove from the fire and let stand overnight. Serve cold.

COCONUT CALAMAY PINIPIG 220

3 cups pinipig
2½ cups water
Anis
3/4 cup brown sugar
1 big coconut, grated

Mix the grated coconut with 1/2 cup warm water. Press out juice and boil milk until oil shows on the surface. Remove the oil from the pan but leave the oil sediment (latik) in the pan. Add more water to the grated coconut and make some more milk. add the pinipig, sugar and anis. Add latik to the mixture, cover well and cook scrapping sides and bottom of pan frequently. Then add the oil.

COCONUT DULCE 221

1 cup Klim, powder
1½ tbsp. melted butter
4 cups fresh coconut, grated
1 cup water
1/2 tsp. powdered anis
1½ cups sugar, refined

Mix all the ingredients together and cook over slow fire stirring constantly to avoid burning. Cook until thick. Makes 16 servings.

MASHED CASSAVA WITH KLIM AND COCONUT 222

1 cup Klim, powder
1 cup sugar, refined
1 cup cassava, boiled and mashed
1 cup grated young coconut (buko)

Mix all ingredients together and serve. Makes 8 servings.

TAMARIND JALEA 223

2 cups ripe tamarind, peeled, mashed and seeds removed and then strained
4 cups brown sugar, firmly packed
3 cups coconut milk

Cook all the ingredients in a copper vat or carajay. Continue stirring to prevent burning. When the mixture thickens and spins a thread, remove from fire.

With 1 pound of sugar and a little water, make a syrup, flavoring with vanilla. Add the grated coconut and simmer very gently, stirring occasionally till the coconut is almost transparent.

COCONUT HAM 225

14 cups grated coconut, finely chopped
8 cups sugar
6 cups ripe papaya pulp, mashed
16 tbsp. glucose
40 pieces cloves
6 tbsp. calamansi juice
Food coloring

Cook all ingredients together in a copper vat, stirring while cooking until thick. Set aside 2 cups in one container, 4 cups in another and color the remaining portion with a mixture of 2 tsp. red food coloring, 1 tsp. green and violet, so that it will resemble the color of the meat of cooked ham. Transfer to a platter and shape to a leg of ham. Color the 2 cups coconut mass with yellow, roll out to a thin sheet and cover the mass in the platter. pressing well so that the sheet sticks to the ham-like mass. Color the 4 cups portion with a mixture of red, green and violet food coloring to imitate the browned surface of the cooked ham after having been sprinkled with sugar and scorched with a red hot flat iron. Roll out to a sheet and cover the entire leg.

COCONUT BACON NO. 1 226

4 cups grated coconut, chopped finely
2 cups ripe papaya pulp, mashed
2½ cups sugar
2 tbsp. calamansi juice
1 tsp. vanilla
4 tbsp. glucose
Red Food coloring

Mix all ingredients except calamansi juice and vanilla. Cook in a copper vat until thick. Add calamansi juice, vanilla and red food coloring and continue cooking until it thickens to such consistency that it will form to any desired shape. Place on a greased board and cool. Divide into 4 equal parts and roll each to above 1/4 inch thick.

COCONUT BACON NO. 2 227

4 cups grated coconut, chopped finely
2 cups sugar
6 tbsp. glucose
1 tsp. vanilla
3 tsp. calamansi juice
Lemon yellow food coloring

Mix the coconut, sugar and glucose and cook in a copper vat. Stir while cooking. When thick, add yellow color, vanilla, calamansi juice. Continue cooking until it reaches the consistency that it will form to any desired shape. Divide into 5 equal parts and place on a greased pan. Roll each portion to a sheet about 1/5 inch thick. Place all pieces, one on top of another, alternating the red and *white sheets. Press with a rolling pin to bring the pieces together so as to form one single mass. Smoothen the sides. Slice thinly, as in bacon, before serving.*

COCONUT BOLOGNA 228

4 cups ripe papaya pulp
6 cups sugar
1 tsp. yellow food coloring
1 tsp. vanilla
1 cup pili nuts, chopped
1/2 tsp. violet food coloring
3 tsp. red food coloring
10 cups grated coconut, chopped finely
1 cup tomato pulp
1 cup glucose
1 tsp. green food coloring
2 cellophane tubes of 2½ inches in diameter and 10 inches long

Cook the coconut, papaya, tomato, sugar and glucose in a copper vat until half done. Add the food coloring by drops until the "bologna" color is obtained. Continue cooking and stir until done and place on a greased board to cool. Work with fingers to make mixture smooth and mix in the pili nuts. Shape the mixture into balls to facilitate the filling of the cellophane tubes. Twist the ends of the tubes to pack the mass tightly in tube. Tie ends. Hang overnight. Slice to thin pieces crosswise. These pieces may be used as sandwich filler.

COCONUT SAUSAGE 229

8 cups coconut, grated and finely chopped
3 cups ripe papaya, mashed
1/2 cup calamansi juice
6 cups sugar
12 tbsp. glucose
Red food coloring

Mix all ingredients and cook in a copper vat. When half done drop red and green food coloring to the mixture until meat color is obtained. Continue cooking until it reaches a consistency that will form to any desired shape. Place on a greased board and cool. Roll into long, smooth forms resembling "hot dog" of about ½ inch in diameter and 5 inches long. Wrap in cellophane; tie ends and hang overnight to harden.

MATAMIS NA BAO 230

3 cups pure coconut milk
2 cups scrapped panocha or brown sugar

Dissolve panocha into the milk and boil. Strain the mixture and boil again until thick.

COCONUT BANANA ROLLS 231

Dip banana sections in lemon juice and thick syrup; sprinkle with toasted coconut. If desired, may be served with cream cheese softened with fruit juice. Garnish with red flavored gulaman cut into small squares.

HONEY COCONUT ROLLS 232

5 tbsp. butter
2/3 cup honey
2/3 cup coconut
1 recipe Baking Powder Biscuit

Blend butter, honey and coconut; spread ½ of the mixture on greased board. Roll dough into rectangle ¼ inch thick. Spread remaining half of coconut mixture. Roll like jelly roll and cut in 1-inch slices. Arrange in pan. cut side down. Bake in hot oven (425°F.) for 30 to 35 minutes. Turn out immediately.

COCO STRAWBERRY CANDY 233

4 cups finely grated coconut
2 cups white sugar
1/2 cup strawberry jam
1/2 cup glucose
4 drops strawberry extract
Red and green food coloring

Mix all ingredients Cook in a copper vat. Stir constantly. When thick and can be formed into balls, separate about 2 tbsp. and set aside. Put 2 or 3 drops of red food coloring and the strawberry jam to the remaining mass in the vat. Mix well. Add more color if necessary until it is as red as a fresh strawberry. Pour on a greased board. Color the mixture which you set aside with green for the leaves. Form the candies into strawberry shape. Form the leaves and attach to the strawberry, using a colored green toothpick as a stem. Roll in sugar.

COCONUT APRICOT BARS 234

1/2 cup dried apricot, ground
3/4 cup Baker's coconut
8 squares chocolate (Baker's Dot)

Line bottom of 9 x 4 loaf pan with waxed paper, letting paper extend in 2-inch tabs at each end. Combine ground apricots and coconuts, knead until blended. Press evenly on bottom of pan. Heat chocolate over boiling water until entirely melted. Pour over fruit mixture, spreading evenly. Cool. When firm. run knife around sides of pan and lift out candy with paper tabs. Cut in 18 bars.

BOLA-BOLA 235

1 cup boiled and ground cassava
1 cup grated coconut
3/4 cup sugar

Peel, wash and boil cassava in enough water until well cooked. Pass cassava through a meat grinder or pound in a wooden mortar until fine and smooth in texture. Shape into balls of uniform size. Roll each ball in a finely grated coconut. Sprinkle with sugar.

KALAMAY-HATI 236

2 cups cassava flour
2 cups coconut milk
2 cups ground panocha

Boil coconut milk and panocha. Strain. Dissolve flour in a cup of water. Add to strained coconut milk. Cook with constant stirring over moderate fire until mixture becomes thick. Transfer in greased or banana leaf-lined pans.

TICOY

237

2 cups cassava flour
3 cups coconut milk
1-1/3 cups sugar
1/2 tsp. powdered milk

Mix all the ingredients. Boil water in a carajay with a bamboo steamer on top. Place pieces of thick musling to line the bamboo steamer and pour the mixture on it. When firm, remove from the steamer. Allow to cool. Slice into ½ inch wedges. Arrange on a platter lined with banana leaves. Serve hot or cold with hot tea and lemon.

COCONUT POLVORON

238

1 cup coconut flour, toasted
4 tbsp. sugar
6 tbsp. fresh coconut oil
6 drops vanilla
1/8 tsp. salt
2 tbsp. butter

Mix all ingredients thoroughly. Roll to a thin sheet and with the aid of a biscuit cutter, cut to pieces. Wrap in oiled paper and store in well sealed containers.

UKOY

239

1 cup grated coconut
15 shrimps
1½ cups shredded squash
1 bunch of kinchay
3/4 cup shrimp juice
1 tsp. salt
1 cup cornstarch

Make a thin paste of the cornstarch and the shrimp juice and season with salt. Put a spoonful each of the grated coconut and the squash in a sauce pan formed into a round mass. Put some shrimps and kinchay leaves on top. Pour over this mixture 2 tbsp. of the shrimp paste. Fry in deep hot fat and serve with vinegar and salt.

BUCHE-BUCHE

240

2 sweet potatoes, mashed
1/3 kilo sugar
1 cup rice flour
4 cups pure coconut milk
1/3 cup water

Mix mashed sweet potatoes, sugar, flour and water to form a mass. Extract the oil from the coconut milk and use for frying. Drop mixture by spoonfuls in very hot oil. Roll in sugar and serve.

MASAPODRIDA NO. 1

241

8 to 9 cups cassava flour
1½ cups coconut milk
4 egg yolks
1/2 lb. butter

1 cup sugar
1 lemon rind
1 cup condensed milk

Cream butter with sugar. Add egg yolks and lemon rind. Mix condensed milk little by little, then add the flour alternately with the coconut milk. Transfer to a floured board and roll thin. Cut with a cookie cutter. Put on greased sheet. Brush tops with beaten egg yolks. Bake from 15 to 20 minutes or until brown.

MASAPODRIDA NO. 2 242

2/3 cup grated and chopped coconut
1/4 cup sugar
1/4 cup shortening
1/2 cup flour
1/8 tsp. salt
1 egg yolk

Sift flour and salt and add the coconut. Mix well and work in the shortening line. Beat egg yolk. Add the egg mixture to the flour and knead. Roll out ¼ inch thick. Cut with a biscuit cutter. Brush each piece with egg yolk and sprinkle with sugar. Bake in hot oven until brown.

ALUPI 243

2 cups rice flour
1/2 lb. sugar
1/2 grated coconut
1 cup coconut milk

Mix all ingredients and wrap by tablespoonfuls in banana leaves. Cook in boiling water for 2 hours.

KALAMAY 244

2 cups rinagkit
1 cup brown sugar
2-1/3 cups thin coconut milk
1 tsp. anis, powdered
1/2 cup pure coconut milk
Grated coconut

Put the rinagkit and the thin coconut milk in a sauce pan. Place over a slow fire and stir constantly until it is cooked. Pound anis seed. Put the sugar and anis seed in the pure coconut milk and add to the previous mixture. Stir and cook for 3 minutes. Remove from the fire and pour on a plate to cool. Put grated coconut on top and serve cold.

CASSAVA SUMAN NO. 1 245

4 cups grated fresh cassava
2 cups grated and chopped young coconut
1 cup sugar
1/2 tsp. salt
Banana leaves

Mix grated cassava, coconut, sugar and salt. Wrap in banana leaves; tie and steam until cooked.

CASSAVA SUMAN NO. 2 246

1 cup grated cassava
3/4 cup sugar
1/2 cup grated young coconut
Banana leaves for wrapping

Mix all ingredients and wrap mixture in banana leaves to size desired. Tie by two's with string. Boil in water till done.

GUINATAAN TOTONG 247

1 cup cassava gaplex
1/3 cup roasted monggo
Pinch of salt
5 cups diluted coconut milk
1 cup sugar

Roast the mongo until dark brown. Break the grains with a rolling pin. Separate the hull by winnowing. Mix the cassava gaplex with the mongo and boil the coconut milk stirring once in a while to keep from scorching at the bottom. Add the sugar and salt when the cassava is cooked. Put a tablespoon of coconut milk on top of each serving.

ROYAL SUMAN 248

5 cups coconut milk
2-1/3 cups malagkit rice
1½ cups scraped panocha
1½ tsp. anis

Cook rice, coconut milk, panocha and anis until the rice absorbs the milk, remove from the fire. Divide banana leaves in sections. Put heaping tablespoons of the cooked mixture in each piece of leaf. Lay the rolls together by two. with the folded edges of the leaves inside. Put the rolls in a kettle, cover with water. Cook until rice is done.

MAJA BLANCA 249

1/2 rina roz
3/4 cup malagkit flour
1/2 cup coconut milk
Anis
1/3 cup milk
1¾ cups white sugar
Latic or roasted coconut meat

Strain or sift flour and rina roz. Add coconut milk and stir. Add sugar and cook until it thickens. Before removing from fire add milk and anis· pour on platter and allow to cool until it sets. When cooked, sprinkle grated coconut (toasted) meat and latic on top.

LATIC 250

2 cups coconut milk
Salt to taste

Mix these two ingredients. Let it boil in a carajay, stirring constantly until the oil appears to be transparent. Drain the latic until the drop of the oil stops. Sprinkle this on top of puto or maja blanca or it can be eaten with a little sugar to taste.

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